



CHAPTER 1 WORKSHEET

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The Spiritual Disciplines: For the Purpose of Godliness

Name: _____

Date: _____

MEMORIZATION VERSE FOR THE WEEK

1 Timothy 4:7 *Write the verse below as you memorize it this week.*

1. Define spiritual disciplines. Are the fruit of the Spirit and spiritual disciplines the same thing? Explain the difference.

2. What single purpose unites all of the spiritual disciplines? Read 1 Timothy 4:7.

3. What are the three indispensable matters involved in persevering in the practice of the spiritual disciplines?

4. What does 1 Peter 1:15-16 teach about the importance of holiness in the life of a believer?



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5. What does Romans 8:28 teach us about difficult circumstances in the life of a believer?

6. Bartimaeus (Luke 18:35-43) and Zacchaeus (Luke 19:1-10) intentionally put themselves in the path of Jesus, and their lives were changed forever. How can these stories encourage you to seek God intentionally?

7. The chapter describes people who are faithful to church and enthusiastic about the things of God, yet are "a mile wide and an inch deep." What are some possible positives and negatives of this kind of spiritual life?



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8. The text says, "They have dabbled in everything but disciplined themselves in nothing." What do you need to put into practice so that this does not describe your spiritual life?

9. Freedom comes through mastery of any discipline. Are there areas in your life where you have experienced this kind of freedom? If not, what steps can you begin taking now?

PERSONAL APPLICATION

After reading Chapter 1, what is one spiritual discipline you want to approach more intentionally this week, and why?
