

The 5 Practices INTRODUCTION

Session Thoughts:

- Write down anything that was new, interesting or helpful to you.
- Write down anything you want to think or talk about further.

REFLECTING RELEASING RECEIVING RESISTING RESPONDING

Read Philippians 4:4-9

1. What specific practices do you see mentioned in this text?
2. Paul seems to link specific results to specific practices. What results do you see in this text?

Discussion Questions:

3. Is there a practice mentioned in the video that you have seen be beneficial in your walk with the Lord already? What sort of disciplines are a consistent part of your faith at this time in your life?
4. When you are consistently exercising discipline in your faith can you tell a difference in the way that you think/act/feel?
5. What are some barriers to consistent practices/disciplines in your walk with the Lord?

If you need to talk further about anything discussed tonight your leaders have other resources and are eager to discuss these things with you.