

Why Practice Spiritual Disciplines

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is your current attitude toward/opinion of the spiritual disciplines?
- What do you already know about the spiritual disciplines?



LISTEN TO THE EPISODE: [Why Practice Spiritual Disciplines](#)

READ [Titus 2:11-15 & 1 Timothy 4:7-8](#)

REFLECTION After listening, consider the following questions:

Take a moment to describe the spiritual state for which you strive. One way to begin thinking about this would be to answer the question: What do you want the natural outflow of your life to be? Then, consider the choices you've made the last few days about your priorities, how to spend your time, and what to give your attention.

- Which of these choices have cultivated spiritual growth? Which of these choices have distracted you from life in the Spirit?
- Are the places you spend your time and the things that have your attention capable of assisting you on this journey toward a more disciplines spiritual life?
- Which strengths do you already possess in your spiritual practices? How can you build on the strengths you already possess?
- Is there a spiritual discipline that might help you address that strength area and deepen your relationship with God?

RELATED PASSAGES for further study

[Galatians 6:6-10](#), [1 Corinthians 9:24-27](#)

CONCLUSION

Spend a few moments in prayer. Ask God to reveal to you the reality of your spiritual state. Which areas are strong? Which areas need growth? Thank him for the provision of his Spirit and pray for awareness of the Spirit's work in your life. Consider this prayer from the early Christian, Clement of Rome:

Almighty God, Father of our Lord Jesus Christ,

Grant, we pray, that we might be grounded and settled in your truth by the coming of your Holy Spirit into our hearts.

What we do not know, reveal to us; what is lacking within us, make complete; that which we do know, confirm in us; and keep us blameless in your service, through Jesus Christ our Lord.

<https://groundworkonline.com/episodes/why-practice-spiritual-disciplines>

Printed on March 12, 2025

©  ReFrame Ministries