

# Your Questions about Spiritual Life

Reflecting on and seeking answers to our questions is one way we learn and grow. The same is true for our faith development. We're grateful when you write to tell us what questions are most pressing for your faith right now. Discussing them together benefits us all. In this episode, we'll look at questions and comments that you sent regarding our spiritual lives. Together, we'll examine Scripture for answers and examples to help us better understand our personal faith and the daily practices we can engage in to grow and strengthen it. We'll discuss how we can live faithfully in the world, even when division and disagreements are daily struggles, and we'll remember our calling to share the gospel message and think about how we can respond biblically when that message is challenged.

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

- Do you ever have questions about the Christian faith or how to live a life of faith? What do you do with those questions?
- What are your trusted resources for answers to spiritual questions or who are your trusted confidants or spiritual advisors when you have questions?



**LISTEN TO THE EPISODE:** [Your Questions about Spiritual Life](#)

**READ** [John 11:40-42](#), [1 John 5:14-15](#), [Jeremiah 29:4-7](#), [Matthew 22:15-22](#), [Psalm 107:43](#), and [more](#)

**REFLECTION** After listening, consider the following questions:

- Review the lists of spiritual disciplines in the *Groundwork* series “[Spiritual Disciplines](#)” (prayer, fasting, simplicity, solitude, silence, service, giving, study, and memorization) and “[Spiritual Disciplines, Part 2: Healthy Habits for Life](#)” (commitment, discipleship, sabbath rest, worship, confession, prayer, reconciliation, and fellowship). Which spiritual disciplines do you regularly engage in your faith life? How did these become part of your regular practice? Have you tried any other spiritual disciplines? Where would you like to see growth in your spiritual life? Are there any spiritual disciplines you haven't tried yet that might help you develop and grow in that area?
- Consider the list of daily activities host Darrell Delaney mentions as he discusses Brother Lawrence's philosophy of practicing the presence of God in segment 1. Make a list of the things happening in your day and think about how you can practice the presence of God in these moments. What is one thing you could try for a while to stretch or strengthen your devotional life by noticing the presence of God in your daily moments?

- What divisions in our church, society, or world do you lament? Write your own prayer of lament using a Psalm as a model for your prayer (some examples of Psalms of lament are [Psalm 13](#), [Psalm 22](#), [Psalm 42](#), or [Psalm 74](#). For more information on these Psalms, read the blog “[Psalms of Lament: Individual and Communal](#)” by Ken Boa). Then reread [Galatians 5:13-26](#). Which one of the Fruits of the Spirit could you intentionally cultivate in your life to help bring light to these dark places?
- Have you ever encountered the opinion that God is arrogant for telling us to serve and praise him? Darrell and Scott discussed many biblical reasons we can be assured that God is in fact not arrogant, but deserving of praise and worship. Which Bible passage or illustration resonated with you or broadened your understanding the most?

## RELATED PASSAGES for further study

[Mark 1:35](#), [1 Thessalonians 5:16](#), [2 Corinthians 5:11-21](#), [Mark 12:13-17](#), [Romans 13:1-7](#), [Galatians 5:13-26](#), [Matthew 28:16-20](#), [Psalm 24](#), [1 Corinthians 13](#), [John 15:18-25](#)

## CONCLUSION

Which of the three segments’ discussions do you feel most acutely right now: segment 1—personal spiritual life and practice, segment 2—feeling burdened by the divisiveness in our world, or segment 3—responding to attacks on God while sharing your faith? How did this episode challenge or encourage you? What key points did you take away from Scott and Darrell’s discussions in this episode?

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<https://groundworkonline.com/episodes/your-questions-about-spiritual-life>

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