

CONNECTING WITH  
**GOD**  
*Together*

**SESSION ONE**  
INTRODUCTION  
**DISCUSSION GUIDE**

Think again of the spiritual practices that Pastor Justin mentioned.

**Practices of Engagement**

*Prayer*  
*Bible Reading*  
*Generosity*  
*Service*  
*Community*  
*Accountability*  
*Worship*

**Practices of Restraint**

*Sabbath*  
*Solitude*  
*Secrecy*  
*Chastity*  
*Fasting*

*Pick the first 3 that jump out at you.*

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On a scale of 1 to 10, how engaged are you in these spiritual practices currently? If you were to pick another three where you feel more engaged what would you pick? What about three more where you feel less engaged?

Do you tend to think of spiritual practices as energizing or draining? Freeing or restricting? Why do you think you tend to think about spiritual practices in these ways?

Out of the 12 spiritual practices that are listed, which ones stick out as new to you? What are your initial thoughts about them?

Which spiritual practices are you most interested learning about and applying to your life? Why?

What is one thing from this session about spiritual practices you are taking away with you after spending this time together? What is one thing from outside of the study time are you taking away with you after spending this time together?