

## SESSION 7: SPIRITUAL DISCIPLINES, PART 2



You may decide to facilitate a whole-group discussion, divide into smaller groups, or pair people up to answer the session discussion questions.



You may have time to invite each pair or group to summarize their discussion for the whole group at the conclusion of discussion times. You may want to collect brainstormed activities on a whiteboard or easel pad.



### DIGGING INTO GOD'S WORD

Reflect on the following based in Psalm 1...

1. Describe the **cooperation** I see between “the man” and the work God is doing in his life?

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2. Who have I known, or do I now know, that **delights** in God's Word? How is it displayed? Do I delight in God's Word, and do others see my delight?

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3. In what ways am I “soaking up the **waters of the Holy Spirit**” in my life?

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4. What “**season**” am I experiencing in life? What **fruit** is God bearing in and through me in this season?

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## EVALUATING SURVEY FINDINGS RELATED TO SPIRITUAL DISCIPLINES (Praying together daily and read the Bible together weekly)

1. Describe how going through a tough time with my household has been helped by the presence of, or hindered by the absence of... spiritual disciplines.

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2. Is anyone in my extended household “weathering a life storm”? How can I walk alongside them?

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3. How have children in my household or extended household impacted my spiritual life?

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4. How can I nurture the prayer life of children in my own household, or in an extended household of which I am a part?

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5. Who most often initiates prayer in my household? What about Bible reading?

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6. How free do I feel to initiate saying a prayer or reading the Bible with my own household? What about in the extended households of which I am a member?

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7. On the back of this paper, write a prayer telling God of my desires to help my household and extended households relate more deeply to Jesus and His Gospel mission.

## Who Are You Most Likely to Go to for...?

	Advice	Money	Sympathy	Logistical help	Encouragement
1	Spouse 80 <sup>%</sup>	Spouse 81 <sup>%</sup>	Spouse 66 <sup>%</sup>	Spouse 63 <sup>%</sup>	Spouse 72 <sup>%</sup>
2	Unmarried partner 73 <sup>%</sup>	Father 61 <sup>%</sup>	Unmarried partner 63 <sup>%</sup>	Father 50 <sup>%</sup>	Mother 62 <sup>%</sup>
3	Mother 66 <sup>%</sup>	Unmarried partner 59 <sup>%</sup>	Mother 58 <sup>%</sup>	Unmarried partner 49 <sup>%</sup>	Grandparent 62 <sup>%</sup>
4	Friend 63 <sup>%</sup>	Mother 56 <sup>%</sup>	Grandparent 53 <sup>%</sup>	Mother 48 <sup>%</sup>	Unmarried partner 59 <sup>%</sup>
5	Grandparent 53 <sup>%</sup>	Grandparent 49 <sup>%</sup>	Friend 52 <sup>%</sup>	Friend 40 <sup>%</sup>	Father 49 <sup>%</sup>
6	Father 50 <sup>%</sup>	Step-parent 46 <sup>%</sup>	Sibling 42 <sup>%</sup>	Roommate 40 <sup>%</sup>	Sibling 49 <sup>%</sup>
7	Roommate 49 <sup>%</sup>	Roommate 40 <sup>%</sup>	Roommate 38 <sup>%</sup>	Grandparent 38 <sup>%</sup>	Roommate 45 <sup>%</sup>
8	Sibling 49 <sup>%</sup>	Sibling 28 <sup>%</sup>	Child 36 <sup>%</sup>	Step-parent 36 <sup>%</sup>	Child 43 <sup>%</sup>
9	Other relative 32 <sup>%</sup>	Friend 24 <sup>%</sup>	Father 34 <sup>%</sup>	Sibling 34 <sup>%</sup>	Friend 40 <sup>%</sup>
10	Step-parent 31 <sup>%</sup>	Other relative 22 <sup>%</sup>	Step-parent 30 <sup>%</sup>	Other non-relative 34 <sup>%</sup>	Other relative 36 <sup>%</sup>
11	In-laws 29 <sup>%</sup>	Child 21 <sup>%</sup>	Other relative 26 <sup>%</sup>	Child 32 <sup>%</sup>	Step-parent 34 <sup>%</sup>
12	Other non-relative 29 <sup>%</sup>	In-laws 16 <sup>%</sup>	Other non-relative 26 <sup>%</sup>	In-laws 28 <sup>%</sup>	In-laws 33 <sup>%</sup>
13	Child 28 <sup>%</sup>	Other non-relative 16 <sup>%</sup>	In-laws 21 <sup>%</sup>	Other relative 22 <sup>%</sup>	Other non-relative 29 <sup>%</sup>
14	Grandchild 12 <sup>%</sup>	Grandchild 7 <sup>%</sup>	Grandchild 15 <sup>%</sup>	Grandchild 13 <sup>%</sup>	Grandchild 24 <sup>%</sup>

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## Who Are You Most Likely to Talk with About...?

	Questions about faith	Something that bothers you	Sex	The Bible	Politics
1	Spouse 73 <sup>b</sup>	Spouse 79 <sup>b</sup>	Spouse 74 <sup>b</sup>	Spouse 71 <sup>b</sup>	Spouse 67 <sup>b</sup>
2	Mother 59 <sup>b</sup>	Unmarried partner 68 <sup>b</sup>	Unmarried partner 68 <sup>b</sup>	Unmarried partner 62 <sup>b</sup>	Unmarried partner 55 <sup>b</sup>
3	Unmarried partner 55 <sup>b</sup>	Mother 60 <sup>b</sup>	Friend 39 <sup>b</sup>	Mother 61 <sup>b</sup>	Father 51 <sup>b</sup>
4	Grandparent 55 <sup>b</sup>	Friend 59 <sup>b</sup>	Roommate 26 <sup>b</sup>	Grandparent 60 <sup>b</sup>	Mother 42 <sup>b</sup>
5	Roommate 50 <sup>b</sup>	Sibling 47 <sup>b</sup>	Mother 24 <sup>b</sup>	Father 51 <sup>b</sup>	Roommate 40 <sup>b</sup>
6	Father 49 <sup>b</sup>	Roommate 46 <sup>b</sup>	Father 19 <sup>b</sup>	Friend 45 <sup>b</sup>	Friend 38 <sup>b</sup>
7	Friend 47 <sup>b</sup>	Grandparent 40 <sup>b</sup>	Step-parent 18 <sup>b</sup>	Roommate 45 <sup>b</sup>	Step-parent 37 <sup>b</sup>
8	Step-parent 33 <sup>b</sup>	Father 39 <sup>b</sup>	Sibling 15 <sup>b</sup>	Child 45 <sup>b</sup>	Grandparent 36 <sup>b</sup>
9	Child 32 <sup>b</sup>	Child 38 <sup>b</sup>	Other non-relative 13 <sup>b</sup>	Step-parent 38 <sup>b</sup>	Sibling 30 <sup>b</sup>
10	Sibling 32 <sup>b</sup>	Step-parent 32 <sup>b</sup>	Grandparent 12 <sup>b</sup>	Sibling 36 <sup>b</sup>	Other non-relative 29 <sup>b</sup>
11	Other relative 28 <sup>b</sup>	Other relative 30 <sup>b</sup>	Other relative 12 <sup>b</sup>	Grandchild 35 <sup>b</sup>	In-laws 29 <sup>b</sup>
12	In-laws 25 <sup>b</sup>	Other non-relative 26 <sup>b</sup>	Child 8 <sup>b</sup>	Other relative 32 <sup>b</sup>	Other relative 26 <sup>b</sup>
13	Other non-relative 24 <sup>b</sup>	In-laws 21 <sup>b</sup>	Grandchild 5 <sup>b</sup>	Other non-relative 29 <sup>b</sup>	Child 25 <sup>b</sup>
14	Grandchild 19 <sup>b</sup>	Grandchild 13 <sup>b</sup>	In-laws 2 <sup>b</sup>	In-laws 28 <sup>b</sup>	Grandchild 13 <sup>b</sup>

n=2,347 U.S. Protestant Christian adults and teens, April 5-11, 2018. Respondents were only shown relationship types they live with or who visit them regularly in their home.