

## INTRO

In your group, have each person share what is their current favorite hobby and why.

## IDEA 1

We haven't lost the ability to practice spiritual disciplines but what we have lost is the *priority* of spiritual disciplines in our lives. We have lost track of how important disciplines can be and how Holy Hobbies help renew our minds and refresh our souls.

**How would you define spiritual disciplines? Which ones are you familiar with?**

**How do spiritual disciplines *renew* our minds and *refresh* our souls?**

**What things tend to have higher priority for you than spiritual disciplines?**

**Which spiritual disciplines are you more likely to ignore and/or practice, and why?**

## IDEA 2

Time with the Lord is never wasted, and although it might not make sense to those around you, even in the silent moments with God, transformation can take place, and He can renew your mind to see not only your desires but His ways.

**Why do you think it is so hard to give up our time to spend with God?**

**In what ways could God's silence bring about transformation?**

**Share about a time when spiritual disciplines deepened your relationship with Christ.**

## SPIRITUAL PRACTICE

As a group, consider reading out loud together the two main scriptures Katie spoke on:

*12 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. - Romans 12:1-2*

*33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. - Matthew 6:33*

**What does presenting your body "as a sacrifice" and spiritual worship look like for you?**

**In what ways is God inviting you to "seek first his Kingdom"?**

## APPLICATION

Katie gave us the challenge to approach and invite spiritual disciplines into our lives and the lives of others. Consider each question as a guide:

- **Devote:** What is the appropriate amount of time God is inviting you to set aside for spiritual disciplines?
- **Devour:** In what new way is God inviting you to a deeper relationship with him?
- **Discern:** Is there something God wants to communicate to you?
- **Disciple:** Who is God placing on your heart to disciple in this season of your life?