

## PAUSE, PONDER & PRAY

"The spiritual disciplines don't save, but they are what saved people practice." JON THOMPSON

"Spiritual practices are a guaranteed place of communion, transformation and healing." JON THOMPSON

## NOTES & QUOTES

*week two*  
OCTOBER 1

# convergence

EMPOWERED FOR THE EXTRAORDINARY

*Spiritual Practices*

## DID YOU MISS SUNDAY'S SERVICE?

You can watch all past messages on our YouTube channel [www.youtube.com/@thisiscompass](http://www.youtube.com/@thisiscompass) or you can listen to our podcast at [www.thisiscompass.com/podcast](http://www.thisiscompass.com/podcast).

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## CONNECT (BUILD RELATIONSHIPS)

1. What spiritual practices have you tried in the past that were a real struggle for you?
2. The three things that converge – why are all three necessary for spiritual renewal to occur?
3. Have you ever been a part of a church where renewal/revival occurred? What was your experience?

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## THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read the following verses and list the spiritual practices that Jesus practiced. Luke 5:16, Matthew 4:1-2, Luke 4:16, Mark 10:45, Mark 6:31. What encouragement and/or challenge do you find from Jesus' example?
5. Psalm 1 includes several spiritual practices. Read the Psalm and list the practices it describes. What are some practices that would allow you to "delight in the law of the Lord"? How would you describe the basic negative choice of verse 1? In what ways might spiritual practices assist you in resisting the invitation to walk, stand, or sit in the ways of the 'wicked and mockers'?
6. Read Matthew 11:28-30. A yoke is both limitation and empowerment. It connects you to the work but increases your capacity to do the work. In what ways can you see the spiritual practices in the yoke of Jesus?

7. Read 1 Thessalonians 5:11-15. How is Paul urging the use of spiritual practices and gifts among the Thessalonians and which specific ones does he mention or allude to? What part are you playing to make this true of our church?

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## COMMIT (BE ON MISSION)

8. Where are spiritual practices functioning in your life right now? How might those be improved?
9. Psalm 63:1 and 84:2 are examples of the kind of intimacy that can develop through spiritual practices. Describe how the use of spiritual practices has affected your intimacy with Jesus.
10. From the list below, which practices are you feeling drawn to try again or maybe for the first time and what steps are you willing to take to implement them in your life this week?
  - Simplicity
  - Meditation/contemplation
  - Worship
  - Prayer
  - Solitude
  - Fasting
  - Celebration
  - Study
  - Confession
  - Silence