

SERMON STUDY GUIDE

Sunday, January 24, 2021

Mark 1:34-39

How to Grow Your Faith

GOING DEEPER

- What do you think of when you hear the word *discipline*?
- Have you ever felt stuck in your faith?
 - What helps you get unstuck?
- Read 1 Timothy 4:7-8.
 - What do you think of when you hear the word *train*?
 - How does *training* relate to our spiritual lives?
 - All training has an end goal. What is the goal of spiritual training?

APPLICATION

- Have you ever fallen into the belief that spiritual disciplines earn God's love?
 - Why is it so easy for us to believe this untruth?
 - How do you balance God's grace with a healthy rhythm of spiritual disciplines?
- Do you have a current rhythm for your time with God?
 - If not, what is standing in your way?
- What are some spiritual rhythms you can train into your life?
 - What are some rhythms you need to train out of your life?
 - What can this group do to help?