

Five Things God Uses to Grow Your Faith –

PRIVATE DISCIPLINES

Matthew 6:1-6

We naturally resist discipline. Recognizing that and meeting it head-on is good, because faith is like a muscle; the more you exercise it-stretch it, exhaust it-the stronger it becomes.

Discussion Questions

1. When it comes to discipline, in what areas of life do you struggle most?
2. Growing up, were you encouraged to develop habits that could be described as private spiritual disciplines-such as prayer, devotions, giving, fasting, confession? Which of these have you carried into adulthood, and which did you not? Why did they or didn't they "stick"?
3. Were you raised in a home where generosity was practiced and talked about? Were you raised to give? Was the giving in your home triggered more by occasions of need and crisis, or did your family regularly and systematically provide financial support to a church or to others?
4. How easy is it for you to be generous when confronted with a specific need? Why?
5. How easy is it for you to commit to giving a certain percentage of your income to your church?
6. Jesus promises that those who give according to his instruction will be rewarded. Do you feel you've been rewarded for your generosity in the past? If so, how?
7. Why do you think Jesus instructs us (Matthew 6:5-6) to pray privately on a regular basis?
8. Jesus promises a reward to those who pray privately (Matthew 6:6). What do you think this reward includes?