Sermon Discussion Guide

The Way ~ Week 7 ~ Nine Practices
Bill Clark ~ 11/16/2025

LEADERS AND FACILITATORS: ***You can use this guide two different ways. Use as a CHALLENGE FOR MEMBERS to walk thru each practice and ask the questions in each one. Or use this as a PRACTICAL GUIDE FOR EACH MEMBER. Let members take some time to read the practices and their descriptions and use this to guide them through out the week. There are specific questions through out focused on each practice AND there are also general questions to ask at the end. Use what works best for YOUR group.***

General Discussion Questions for the NINE PRACTICES:

- Of the nine practices, which one do you find most life-giving or meaningful right now?
- Which one do you find most challenging?
- Why do you think that is?
- Is there a practice you want to try to implement this week?
- How can this group pray for you as you work through that practice?

The Eight of the NINE PRACTICES:

1. Sabbath

What is it?

- **Scripture reference: Mark 2:27 (NIRV)** ***Then Jesus said to them, "The Sabbath day was made for man. Man was not made for the Sabbath day."***
- **Details:** Taking a 24 hour period to actually rest. There is a difference between a day off and a day of rest. Set boundaries, choose not to work. Choose activities that refuel…or no activities at all.

- How does Sabbath rest feel difficult or different from the rest of your week?

- What has helped you (or could help you) protect time for rest and worship?

Tip:

Pick a start and end time for Sabbath and unplug digitally for a set window, even if it's just a few hours to start.

2. Prayer

What is it?

- **Scripture reference: Mark 1:35 (NIV)** *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*
- **Details:** Choose a consistent time and place to be with Jesus. Prepare that place with you materials, Bible, notepad, something to write with, highlighter, glasses, etc.

- What helps you feel most connected to God during prayer?

- Do you find it easier to pray out loud, silently, or by writing?

Tip:

Try using a simple pattern like ACTS (Adoration, Confession, Thanksgiving, Supplication) to guide your prayers.

3. Fasting

What is it?

- **Scripture reference: Matthew 4:1-2 (NIV)** *Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.*
- **Details:** Chose a day, or a day of the week were you go without. Can be food, or something else. Every time you feel the "hunger" for that item, pray. Questions to ask yourself: what are you grieving for? What are you longing for? Who are you relying on?

- **What kind of fast (food, technology, something else) do you think would challenge you most in this season?**

- What's one thing you hope to learn or experience through fasting?

Tip: *Start small—a single meal or a day off social media—and use that time for prayer and reflection.*

4. Solitude

What is it?

- **Scripture reference: Luke 5:16 (NIRV)** *But Jesus often went away to be by himself and pray.*
- **Details:** Chose some time away from people to refuel you to have more compassion for people. Chose time away from noise and sound, this enables you to hear things you may have quit noticing.

- When is it hardest for you to be alone with God?

- What distracts you most, and how could you create more space for stillness?

Tip: *Begin with just five minutes a day in a quiet spot, leaving your phone in another room.*

5. Scripture

What is it?

- **Scripture reference: 2 Timothy 3:16 (NIRV)** *God has breathed life into all scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right.*
- **Details:** Think about what you could replace scripture with, podcasts? Studies? Books? The Bible is enough, God's word is food for our souls.

- **What method of Scripture engagement (reading, listening, memorizing, studying) is most life-giving for you right now?**

- **How do you apply God's Word in your daily life?**

Tip: *Choose a Bible book or reading plan for the month and set a consistent time and place for Scripture each day (even if it's brief).*

6. Community

What is it?

- **Scripture reference: Matthew 26:36-38(NIRV)** *Then Jesus went with his disciples to a place called Gethsemane. He said to them, "Sit here while I go over there and pray. He took Peter and the two sons of Zebedee along with him. He began to be sad and troubled. Then he said to them, "My soul is very sad. I feel close to death. Stay here. Keep watch with me."*
- **Details:** Even Jesus didn't go through the most difficult moment of his life alone. Do you have your "people?" Those who will pray for you and with you? Those who know when life has hit you? One hour in service is not enough, we all need community.

- **What helps you feel safe and open in spiritual community?**

- **How can our group better support and challenge each other?**

Tip: I*f you're not in a group, reach out - let us help you find community today. If you are in a group: Commit to regular attendance and honest sharing, and plan at least one fun or serving activity outside of group time.*

7. Simplicity

What is it?

- **Scripture reference: Luke 9:57-58 (NIRV)** *Once Jesus and those who were with him were walking along the road, a man said to Jesus, "I will follow you no matter where you go." Jesus replied, "Foxes have dens. Birds have nests. But the Son of Man has no place to lay his head."*
- **Details:** The one we follow is so simple. Are you hoarding yourself figuratively? Literally? Are you complicating yourself to death? We can declutter our homes and our hearts.

- **What is something in your life right now that feels cluttered—physically, emotionally, or spiritually?**
- **Is there an area of your life where you feel God inviting you to let go, slow down, or simplify?**

Tip: *Pick one area—possessions, technology, or your weekly schedule—and do a "meaningful subtraction." Donate a bag of unused clothes or household items, set limits on social media or screen time, or say "no" to one nonessential commitment this week. Notice how it creates space for what matters most—time with God, loved ones, and rest.*

8. Generosity

What is it?

- **Scripture reference: Matthew 5:41-42 (NIRV)** *Suppose someone forces you to go one mile. Go two miles with them. Give to the one who asks you for something. Don't turn away from he one who wants to borrow something from you.*
- **Details:** Generosity is not just money. It's time. It's sacrificing comfort, convenience and calendar to give yourself to someone else.

- Who taught you what it means to be generous?

- How do you sense God prompting you to give—time, money, attention—in this season?

Tip: *Pick one new way to practice generosity this week—buy a coffee for someone, donate, or serve where there's a need.*