

Questions

Answer these on your own or, if you're married, with your spouse, and make a plan for your own spiritual disciplines that will help you model a genuine walk with God.

1. If a stranger took a look at your weekly schedule or read a transcript of every word you said in a day, what do you think they would guess are the most important things in your life?
2. Describe how a "walk with God" was or wasn't modeled for you in your own upbringing?
3. List some things that you would like to see reproduced and repeated in your kid's childhood from your own upbringing. Then list what you would like to see redeemed or changed for the better.
4. Make a list of the inconsistencies you can see between what you tell your kids is right and what they see you do.
5. Read Deuteronomy 4:9 and 6:4-9. Take note of the things God calls us to do "diligently." *Diligent* describes a strong commitment to something. In other words, we work hard and don't give up easily. What do you think it looks like to "care for your own soul?" How can you care for your soul diligently? What do you think it should look like "teach your children" diligently?
6. Our kids learn from how we live. Read Galatians 5:19-26 and think about what you are struggling with now or what you struggled with in the past that you don't want to model to your kids.
7. What spiritual habits and fruit of the Spirit would you like to see developed in your kids that you want to work on modeling? When/how could you do that?
8. If your son/daughter asked you, "What's the difference between someone who is a Christian and someone who isn't?" how would you respond? What scriptures would you share to help answer this question?
9. Take a couple minutes and consider your personal rhythm of spiritual disciplines. What are the biggest challenges you face when it comes to following:
 - a. Personal Bible Study
 - b. Worship
 - c. Rest
 - d. Prayer
 - e. Fasting
 - f. Generosity
 - g. Evangelism
 - h. Solitude
 - i. Confession
 - j. Serving
 - k. Discipling
 - l. Engaging in biblical community and accountability
10. When can/do you have protected times set aside for intentional personal spiritual development?

11. Who are you quickest to confess to when you mess up and who helps you fight temptation? How can you improve/create some accountability relationships in your life?
12. Good mentors practice three easy steps in training an apprentice. First, they invite a protegee to watch them do something. Second, when they are ready, they do it together. Finally, when appropriate, they let the apprentice do it alone as the mentor evaluates. They demonstrate, participate, and evaluate. What are some skills or habits in your Christian walk that you could focus on as you mentor your child?
13. If you are married, a great way to love your kids well is to love your spouse well. Take a few minutes to consider your rhythm of practices that promote spousal spiritual intimacy. What are the biggest challenges you face when it comes to the following:
 - a. Sincere intercession (praying for your spouse)
 - b. Praying together with your spouse
 - c. Practicing confession and repentance
 - d. Sharing your hopes, dreams, and vision for your family
 - e. Giving permission for feedback
 - f. Asking each other thought-provoking questions
 - g. Creating space for intimacy
 - h. Studying the Bible or a book together
 - i. Offering encouragement and affirmations
 - j. Serving one another
 - k. Serving with one another
14. If you are married, when can/do you have protected times set aside for intentional spousal spiritual development?
15. If you are married and your spouse is not a Christian, what are some ways that you can humbly and respectfully model spiritual development in your home? Who can join you and support you in seeking the salvation of your household?

Next Page: Design what you'd like your typical week to look like for your spiritual disciplines. These could include things like coffee with a neighbor or colleague, date nights with your spouse, 1-on-1 time with each child, etc...

Spiritual Disciplines Plan

	Morning	Afternoon	Evening
S	<i>Ex: Pray and study the Bible</i>		<i>Ex: Spiritual check-in with spouse</i>
M	<i>Ex: Pray and study the Bible</i>		
T	<i>Ex: Pray and study the Bible</i>		
W	<i>Ex: Pray and study the Bible</i>		<i>Ex: Meet with Community Group</i>
Th	<i>Ex: Pray and study the Bible</i>		
F	<i>Ex: Pray and study the Bible</i>	<i>Ex: Fast and pray during lunch</i>	
Sa	<i>Ex: Meet with mentor or accountability partner for breakfast</i>		