



# Enjoying Jesus

12 SPIRITUAL DISCIPLINES  
THAT WILL DRAW YOU CLOSER

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LEADER GUIDE

*seven weeks*



We love that many of you will be studying Enjoying Jesus in a group setting. While many of the disciplines we'll study are meant to be practiced alone, the church has always taught them in the context of community. We learn these practices from those who have gone before us, we try them on our own, and we come together again to encourage one another. This leader guide is simply meant to support you as you lead and provide additional questions for your group to discuss as you process the spiritual disciplines. If your group has a lively discussion going, there's no need to rush to get through all the questions. We simply want to make your role a bit easier and provide a starting point to get the conversation going.

# Leader Expectations:

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## 1. Gather & Facilitate Conversation

We recommend that everyone in your small group read Enjoying Jesus daily in their study book or online through the IF:Gathering app or IFEquip.com. Then your small group gathers once a week to dialogue about the daily questions and/or discuss the group discussion questions given below.

## 2. Build a Safe Environment for Your People to Go Deep

**Pray:** Pray in preparation for your small group gatherings. Beg for the Holy Spirit to fall afresh and that the Holy Spirit would use us.

**Lean on God:** God will have unique agendas for the group and event as you rely on Him. Lean into your own weakness and into His strength and direction.

**Be transparent:** If you choose not to be vulnerable, no one else will be. If you desire women to feel safe with you and your group, be vulnerable.

**Listen but also lead:** Some women are taking a tremendous risk in being vulnerable with you. Protect them by not interrupting but by empathizing instead. In love, direct them to what the truth of God's Word says in their situation. Do not feel women back to truth.

**Model trust:** Show your group how you are seeking God. Confess unbelief and ask for greater obedience to what God is doing. Ask God to convict you and lead based on how you are processing His will in your own life.

### 3. Fight to keep unity a central value

As a leader, we give you the responsibility to keep a spirit of unity within your group as the prayer time begins to take shape. We ask for sensitivity, openness, and again, a simple and pure environment for everyone to study the scriptures and spiritual disciplines. Ask that the Spirit guide you in demonstrating love to everyone that you come across as you prepare and guide the conversation.

### Supplies

- IF:Equip Study Book for each attendee or access to the study on the IF:Gathering app or IFEquip.com
- Leader Guide
- Bible

*Optional:* Daily Videos. If there are daily videos on IFEquip.com or in the IF:Gathering app that you feel are important to your discussion, have your computer or phone to play the video for the group.

### Suggested Format:

We suggest that women do the IF:Equip study on their own daily. Ask the women to try the disciplines, if possible, before your group meets. Then come together to discuss what they learned from the study and their experience. You can begin with the daily questions and then supplement your discussion with the questions below. It may not be possible for each woman to try the disciplines during the week; in that case, simply discuss what you've learned and share ideas on how you can try each practice.



A vertical photograph on the left side of the page shows a hand holding a paintbrush. The brush has a wooden handle and bristles that are partially covered in gold paint. The hand is applying the gold paint to a white, slightly textured surface, creating a small, circular gold-colored mark.

# Week One

## Introduction

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1. What is your initial reaction to the phrase “spiritual disciplines”?
2. Have you ever practiced any of these spiritual disciplines before? If so, what was your experience?
3. Why are we tempted to turn these practices into a “to-do” list? What is the danger in doing so? How can we avoid this?
4. How have you felt sin separate you from God? How do these practices help us grow closer to Christ?
5. Where do you see the spiritual disciplines practiced throughout Scripture? When do we see Jesus practice spiritual disciplines?
6. How does the regular practice of disciplines such as prayer, fasting, silence, and solitude prepare you for bigger life moments? How do we see this reflected in Christ’s earthly life?
7. Why do you think the Bible repeatedly tells us to remember what God has done? How do the spiritual disciplines help us remember?
8. Why is it important to prepare for a study such as this? What do you hope to gain from this study?

A large, soft pink brushstroke is visible on the left side of the page, extending from the top to the bottom. It has a textured, painterly appearance with varying shades of pink and white.

# Week Two

## On Your Knees

### Prayer & Confession

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1. How have you felt the longing to connect with God throughout your life? What does it mean that He has “set eternity in the human heart”?
2. Prayer is any word or thought directed toward God. It is a conversation with Him. Does this definition change how you thought of prayer before?
3. The Psalms teach us to go to the Lord in every season of life. Are there times when you struggle to go to the Lord in prayer?
4. Jesus taught us to approach prayer as a child speaking with their parent. How do children speak to their parents? How does this change the way we pray?
5. How does prayer remind us that God is God and we are not?
6. If we know that God knows all, why do we struggle with confession? What is at the heart of our struggle?
7. How is confession a gift to us from the Lord? What is the purpose of confession?
8. Can you recall a time when confession brought freedom and restoration? What happened to the relationships involved?





# Week Three

## In the Word

### Meditation & Study

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1. Does it surprise you that meditation is considered a traditional Christian spiritual discipline? What are your initial thoughts on meditation?
2. Our lives are often busy and distracted. How does meditation help us to enjoy Jesus?
3. Meditation and prayer are related yet distinct practices. How does meditation differ from prayer?
4. Have you ever practiced meditation before? What are some qualities and promises of God that you could meditate on?
5. Many of us are prone to lean toward loving God more with our heart or more with our mind. Do you tend to emphasize one over the other? How do you engage the other?
6. When we love someone, we tend to learn everything we can about them. How can we reflect this in our relationship with God?
7. On day four, we read about how the Bible is alive. How have you experienced or seen the study of the Bible change a life?
8. Increasing only in knowledge can lead to pride. How can we be sure to balance the discipline of study with adoration of God?



# Week Four

## Choosing the Best

### Fasting & Sabbath

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1. What has been your understanding of fasting before this study? Have you fasted before? If so, what was that experience like?
2. What is the purpose of fasting? How does fasting remind us of our dependence on the Lord?
3. What does Jesus say about how we should fast in Matthew 6? Why do you think He gave these guidelines?
4. How can we prepare for a fast from food? If fasting from food is not a good option for you, what are some other things you could fast from?
5. The Pharisees turned the Sabbath into a burden for people and elevated it into an idol. In our culture, we often make far too little of the Sabbath. What has been your experience with the Sabbath?
6. Why do you think God gave us sabbath? What do we learn from practicing a regular sabbath?
7. How does the Sabbath remind us of Jesus' work on the cross on our behalf?
8. What are some ways you can incorporate a regular practice of sabbath into your routine?





# Week Five

## Enjoying the Quiet

### Silence & Solitude

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1. What are your first thoughts when you think of silence and solitude as a practice? Is this something you crave, or does it make you feel uncomfortable?
2. In Psalm 62, David tells his soul to wait for the Lord in silence. Why do you think David sought silence? What did he gain?
3. When we read in the Bible of followers of God seeking silence, we have to remember that they lived during a time without electricity, televisions, or cell phones. Why might it be more challenging for us to find true silence? Why does this make it important for us to practice a regular discipline of silence?
4. What do we gain from practicing silence? How do we enjoy Jesus more through silence?
5. The Bible calls us to both community and solitude, in balance. Do you tend to emphasize one over the other?
6. Richard Foster wrote, "Loneliness is inner emptiness. Solitude is inner fulfillment. Solitude is more a state of mind and heart than it is a place." How can a regular practice of solitude help us reconnect with God during the busy moments of our lives when we can't physically get away for a few moments?
7. How does practicing solitude remind us of our identity in Christ? Why do we need to be reminded of this on a regular basis?
8. Jesus regularly practiced silence and solitude. Why did He make this a regular rhythm during His life on earth? What can we gain from these two practices?





# Week Six

## Pouring Out

### Simplicity & Giving

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1. What comes to mind when you hear the word, “simplicity”? How does the Christian tradition of simplicity differ from popular trends such as minimalism, capsule wardrobes, and tiny houses?
2. The discipline of simplicity doesn’t teach that material things are bad — just that they are finite and cannot ultimately fulfill us. How can we keep a balanced perspective on material goods?
3. How does simplicity draw us closer to Jesus and help us to enjoy Him more?
4. What are some ways you could incorporate the practice of simplicity into your life?
5. What was unique about how Israel was instructed to give? What were they supposed to do as they gave the first part of their crops?
6. When we discuss giving, we most often focus on giving financially, but Paul tells the Romans to “offer [their] bodies as a living sacrifice” (Romans 12:1). What are other ways that we can be generous toward God and others?
7. How does the practice of giving bring us freedom and allow us to enjoy Jesus more?
8. How are the disciplines of simplicity and giving related to one another?



# Week Seven

## Living Grateful

### Service & Worship

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1. As the disciples demonstrated in Mark 9:33-37, we are naturally prone to want to be served rather than to serve. Why do you think this is? Why do we resist serving others?
2. How did Jesus show us that service and greatness are not mutually exclusive, but rather that they go together? How do we reflect Jesus when we serve?
3. How does serving free us from the need to prove ourselves? How do we find joy in Jesus through the regular discipline of serving?
4. Serving can take many different forms. We can serve in the children's ministry at our church or in our local soup kitchen. It can also be choosing to set aside our own to-do list to care for another's need. What are some other ways we can incorporate service into our daily lives?
5. We often think of worship as the song we sing on Sunday morning. How is the spiritual discipline of worship much broader than singing songs?
6. God designed us and the entire universe to worship Him. When we worship, we come alive by fulfilling we were created to do. How does this change or expand your understanding of worship?
7. As unique individuals, different moments or events prompt us to want to worship God. Remember a time in your life where your response was to worship. What kind of moments or events cause you to immediately praise God?
8. How has your spiritual walk with the Lord changed through this study? How has the study of these twelve spiritual disciplines helped you to enjoy Jesus more fully?