

HEY JUDE

Spiritual Food

Jude 20-21

Message Reflection Guide

A discipline for the spiritual life is, when the dust of history is blown away, nothing but an activity undertaken to bring us into more effective cooperation with Christ and his Kingdom. When we understand that grace (*charis*) is gift (*charisma*), we then see that to grow in grace is to grow in what is given to us of God and by God. The disciplines are then, in the clearest sense, a means to that grace and also to those gifts. Spiritual disciplines, “exercises unto godliness,” are only activities undertaken to make us capable of receiving more of his life and power without harm to ourselves or others.

~ Dallas Willard, *The Spirit of the Disciplines*

CONVERSATION STARTER

Other than sports, describe a time when you had to be on the offensive or defensive.

GETTING INTO THE SCRIPTURES

Read Jude 20-21

Pastor Brandon said, “**Spiritual disciplines provide the best offense and defense.**” Why is it important to view our faith in terms of both offense and defense?

Jude encourages his readers to build themselves up in their most holy faith. What are the consequences of ignoring this exhortation?

The list of spiritual disciplines of restraint include **solitude, fasting, sacrifice, frugality and secrecy.** Which of these do you seem drawn to practice and why?

The list of spiritual disciplines of engagement include **study, prayer, celebration, service and fellowship and confession.** Which of these disciplines have you practiced in the past? What advice would you give others in practicing this discipline?

MAKING IT REAL

Which of these spiritual disciplines do you feel the Holy Spirit asking you to begin practicing? When do you believe the Holy Spirit is wanting you to begin practicing those spiritual disciplines?