

### “Core Training”

*This set of questions is based on Patrick’s sermon preached February 14.*

1. Describe a setting where it is difficult for you to “be yourself.” What are the spiritual dangers for you in this setting? Are there any spiritual benefits for you?

Now describe a setting where it is easy to “be yourself.” What are the spiritual benefits for you in this setting? Are there any spiritual dangers for you?

2. Read Matthew 23:23–24. Some religious acts, such as giving a tenth of spices, are easy—easy to understand and relatively easy to do. But the “more important matters” like justice, mercy and faithfulness are often more difficult. Name an important command that not only is hard for you to do, but also is hard to *know exactly how* to do.
3. For a variety of reasons, it is alluring for us to focus on surface issues in our spiritual lives. What practices can keep us aware of, and help us attend to, the deeper issues in our spiritual training?

### Recurring Questions

- » How have you seen God working in your life or the lives of those around you this week?
- » What prayer requests would you like to share with the group, including prayer for any spiritual struggles you may be experiencing?