



March 1, 2026

GROWTH GROUP DISCOVERY QUESTIONS **Growing in the Story: Spiritual Formation**

1. What does “Disciplines of life” mean?
2. Do you have any you regularly use in your life? What are they?
3. What are the ones mentioned?

Going Deeper

In your groups – read 1 Cor 9 v 24–27 a couple of times – take 10–15 minutes in silence to practice a H.E.A.R.

Share what you received – what stood out?

Did you feel God saying anything specific to you as you listened?