

**Foundations Week 9:
Celebrating the Work of God**

Any follow up from last week? Prayer requests? Doctor's appointments, stress at work, difficulty in relationships? Follow up and check in.

1. Have someone read the theme verse for the week 1 Thessalonians 5:16-18. Summarize the message in 2 minutes.
2. What from the passage or the message stood out to you?
3. How did the contrast of "training vs. trying" reframe your thinking about spiritual formation?
4. The message mentioned different spiritual disciplines of engagement and disciplines of abstinence. Which of these disciplines are you most intrigued by? What are some steps you can take to practice a new discipline over the next few weeks?

Disciplines of Engagement (Strengthening Your "Do Muscle")	Disciplines of Abstinence (Strengthening Your "Not Do" Muscle)
<ul style="list-style-type: none">● Bible Reading● Journaling● Prayer● Friendship (Community)● Service● Confession & Repentance● Celebration	<ul style="list-style-type: none">● Solitude● Silence● Fasting● Simplicity● Sabbath● Secrecy● Submission

5. Build a Rule of Life. What are a few spiritual practices you can include in your life? What components of spiritual training can you put into practice?

Daily:

Weekly:

Montly:

Quarterly:

Annually:

Closing Practice

As we wrap up this Foundations series, share 1-2 things that were impactful to you. Have your group members affirm one another, calling out the work of God they've seen in each other's life through this series. Consider closing your time together with communion (a guide for leading communion in your small group is linked here: [Communion](#).) You can stop by The Well's office to pick up communion supplies or get some crackers (unleavened bread) and juice to serve communion in your home.

We'd love to hear from you as you close this series! Email melissa@thewellcommunity.org with feedback, what was meaningful to you/your group through this series? Challenging? We'd love to know.