



"If anyone is in Christ, he/she is a new creation." Jesus is not offering to clean up the old; he is offering to enable the new. Because of his death and resurrection, the possibility now exists for us to be fully released to become who we were always meant to be, who we can be recreated to be. The old you is buried and dead. You have been born again. Welcome to You 2.0!

Week 7: A New Discipline 2.0 Try

1. How does the concept that *Jesus' invitation is not just a call to believe something, but a call to become something* challenge or affirm your current understanding of discipleship? Follow up: How does understanding that Jesus had to "*learn obedience*" just like we do (**Hebrews 5:8**) change your perspective on his life and your own spiritual journey?
2. **HIS PRACTICE... Read Matthew 4:1-11.** What does the story of Jesus being tempted in the wilderness teach us about the role of discipline in our spiritual growth? Follow up: **You 2.0 pursues the heart of Jesus through the habits of Jesus.** How can you apply the lessons from this story to strengthen your discipline and resist temptations in your own life?
3. **SOME PRACTICES... Solitude.** Rick asked us to reflect on this question, "*Where and when does God get your full attention?*" How would you answer this personally? Follow up: How can you create intentional time for quiet and solitude throughout your day to be with Jesus? Share some practical steps that have worked for you or ideas you'd like to try.
4. **SOME PRACTICES... Prayer.** How did Jesus prioritize prayer in his life (**Mark 1:35 and Luke 6:12**) and what can we learn from his example? Follow up: How can focusing more on relationship than results change your prayer life? Share an example of someone you know who has done this well. What specifically encourages you from their example?
5. **SOME PRACTICES... Scripture.** Jesus' heart was *full of scripture*, enabling him to resist temptation. How can we develop a habit of immersing ourselves in scripture so that it becomes a natural part of our response in challenging times?
6. **SOME PRACTICES... Fasting.** Read **Matthew 6:16-18.** Discuss your experiences with fasting. What benefits have you noticed, and how can fasting help you focus more on your relationship with God? How can fasting become a meaningful practice in your spiritual life?
7. **SO PRACTICE... There is no imitation without preparation.** Like Jesus, how can we practice spiritual disciplines as habits we want to do instead of things we have to do? How do we live a disciplined life without becoming legalistic about it?

