

UNSHAKABLE: Private Disciplines

Matthew 6

1. Who is someone that you completely trust—someone in whom you have complete confidence? Why?
2. What can our answers to question one tell us about developing faith—confidence—in God?
3. Where there is discipline, there is also progress. In what (nonspiritual) areas of life have you seen this to be true?
4. Why is Jesus so adamant about these disciplines being done in “secret?”
5. When we give, pray, and fast, Jesus says we are “storing up treasures in heaven.” He then says, “For where your treasure is, there your heart will be also.” What do you think Jesus is implying? Is this for life after death? Life on earth? Both?
6. After each explanation of each the private discipline, Jesus promises a reward from your Father in heaven. Have you experienced any of these rewards? What were they?
7. What connections do private disciplines have with Jesus’ invitation to live a life free of worry?
8. **Make it a habit:** 30 Days
Would you be willing to commit, or recommit, to one or more of these private disciplines for 30 days?

Here are a few tips:

Start small. It’s better to commit to a small step and stick with it than overcommit to something huge and have to give up.

Keep a record. Even if it’s one or two sentences or bullet points a day, grab a journal and write what you did and how God responded.

Tell someone. While these are private disciplines, it is always a huge help to have a friend who has committed to the same goals. Check in on one another and spur each other on!