

# WEEK 9 - CONCLUSION

Fall Focus 2023 // Canopy Guide

On Purpose // Spiritual Disciplines

## CONVERSATION STARTERS

Use the questions below to kickstart a community building, all-play conversation that connects to our weekly topic. If your group meets for dinner, these might be great questions to share around a table.

- What does a life of flourishing look like?
- Have you had an “aha” moment during this adventure into spiritual disciplines? What has stood out the most to you? Name one discipline that you hope to implement in your life.
- What kind of spiritual fruit do you hope to grow with your life?

## YOUTUBE VIDEO INTRO

[Click here for the YouTube video intro!](#)

## STUDY GUIDE

Lives that are deeply connected to the source of life we find in Christ are the ones who bear the fruit of the Spirit. Over the course of the semester we have talked about the purpose of practicing spiritual disciplines and how these practices shape different areas of our lives to better reflect the ways of Christ. As we wrap up the series this week, take some time to reflect on what you have learned and how these practices are shaping you and leading you toward a life that bears fruit.

### Scripture to Read

- John 15: 1-17
- Galatians 5:13-25

## Deeper Discussion Questions

1. How do spiritual disciplines help us abide or remain in Christ in the way that John 15 describes?
2. Go back through the fruit of the Spirit list in Galatians 5 and see if you can connect a spiritual discipline we've talked about this semester that might prepare you to bear that fruit in your life.
3. With the hope of being fruitful and flourishing in the way you were created, what difference do you see in approaching spiritual disciplines versus the way you viewed spiritual disciplines before this semester?
4. What spiritual disciplines do you hope to cultivate into your rhythms more frequently?

## PRAYER

Make sure to claim some time as a group each week to pray specifically for each other.

## EXTRA RESOURCES/ARTICLES/RESEARCH

1. Bible Project "You're Supposed to Rule the World, Here's How"  
<https://www.youtube.com/watch?v=YbipxLDtY8c>
2. Book: *Life on the Vine*, Phil Kenneson -  
<https://www.amazon.com/Life-Vine-Cultivating-Fruit-Spirit/dp/0830822194>
3. Book: [Renovation of the Heart in Daily Practice](#), Dallas Willard & Jan Johnson