

2010 Lenten Bible Study
 Celebration of Discipline by: Richard Foster
 Questions from: <http://www.pohick.org/codsyll.html>

Date	Theme Book Chapter/Page	Person	Scripture	Questions for Study
February 18 th	<i>Fasting</i> Introduction Page 1 Chapter 4 Page 47	Jesus	Luke 4: 1-13	<ul style="list-style-type: none"> • What does Foster identify as the two leading hindrances to Fasting in our culture (pp. 47–48)? Can you identify others? How does Foster distinguish between Christian Fasting, on the one hand, and the hunger strike and health fasting, on the other (pp. 48–49)? • What does the Biblical record say about fasting? How do the fasting practices of Biblical characters and later Christian leaders commend this spiritual practice to us today (pp. 49–54)? • What has your experience been with fasting? Would you consider undertaking one of the fasts suggested by Foster (pp. 56–61)? • Would you consider fasting in another area in your life, such as from electronic media?
February 25 th	<i>Service</i> Chapter 9 Page 126	Moses	Exodus 3: 1-12	<ul style="list-style-type: none"> • Foster distinguishes between True Service and Self-Righteous Service (pp. 128–130). What are the hallmarks of each? How have elements of each been part of your service? • Have you ever experienced service as a means of disciplining the flesh (pp. 130–31)? • Do you agree with Foster’s suggestion that we allow ourselves to give up control so that we do not simply serve, but are servants (pp. 132–33)? • Foster lists several different ways for us to be servants (pp. 134–40). In which of these ways do you think you have most excelled? To which of these might you need to give more attention?
March 4 th	<i>Worship</i> Chapter 11 Page 158	Isaiah	Isaiah 6: 1-8	<ul style="list-style-type: none"> • How can we cultivate a sense of “holy expectancy” in our worship (pp. 161–162)? • What forms of worship have you experienced that have been especially meaningful to you? • How can we best make the Methodist form of liturgy a useful avenue of worship for you and others? • Foster lists seven steps in worship (pp. 170–172). How might you incorporate these into your own worship experience?
March 11 th	<i>Solitude</i> Chapter 7 Page 96	Elijah	1 Kings 19: 4-13	<ul style="list-style-type: none"> • Why do we need both solitude and community to function with spiritual success (p. 97)? • Foster mentions the “Sacrifice of fools” (p. 99f) and the “Dark night of the Soul”(pp. 102–104). In what ways have either of these been in your experience? • Foster suggests five ways of experiencing more solitude in your life (pp. 104–109). Which of these might you find most helpful at

				this point in your life?
March 18 th	<i>Simplicity</i> Chapter 6 Page 79	Matthew	Matthew 9: 9-13	<ul style="list-style-type: none"> • What are the two aspects of Simplicity, and why are both essential (pp. 79–80)? • What is the Biblical witness regarding the life of simplicity (pp. 81–86)? • In what ways does contemporary American culture and “counterculture” stand at odds with the Biblical witness (p. 81)? • In what ways have you either succeeded or failed into what Foster identifies as the three inner attitudes: What we have is (a) from God, (b) cared for by God, and (c) available to others (p. 88)? • Reflect upon Foster’s ten guidelines for an outward expression of simplicity (pp. 90–95)? How might you incorporate these into your present lifestyle?
March 25 th	<i>Confession</i> Chapter 10 Page 43	Peter	Matthew 6: 13-20	<ul style="list-style-type: none"> • How might envisioning the church as “the fellowship of sinners” help us to better exercise the Discipline of Confession (p. 145)? • Foster mentions three things necessary for a good confession (pp. 151–153). Which of these do you find the most difficult to experience?
April 1 st	<i>Celebration</i> Chapter 13 Page 190	Jesus	John 20: 1-18	<ul style="list-style-type: none"> • The Apostle Paul urges us to “Rejoice in the Lord always” (Phil. 4:4). How is this possible? • Foster lists several benefits to celebration (pp. 196–97). In what ways have you experienced these through celebrations of the church (or others)? • In what ways can FUMC better incorporate celebratory practices into the life of the congregation? (see suggestions on pp. 197ff). • In what ways can your own family better incorporate celebratory practices? • Having now completed this Lenten <i>Celebration of Discipline</i> study, review back over the seven areas of discipline we discussed and write one tangible, concrete offering to God in each that you plan to make in the coming year. <p><i>Fasting</i> <i>Service</i> <i>Solitude</i> <i>Simplicity</i> <i>Confession</i> <i>Celebration</i></p>