

Basic Anatomy for Spiritual Formation – Part 1 of 2

"Will and Mind"

Discussion Questions

1. Describe a time when you used willpower to stop a bad habit. What was the result?
2. What would it feel like to surrender your will as opposed to trying to override that habit?
3. Dallas said, "*The death of the self is always the death of the lesser self so that a nobler and more glorious self might come to life.*" In what way might this statement change the way you look at death to self?
4. Try an experiment. Think of your favorite flavor of ice cream. Are you able to avoid having a feeling about it? Are you able to avoid any feelings over being locked in a port-a-potty on a hot afternoon?
5. What is your takeaway from this session? (*If it's being locked in a port-a-potty, then think again.*)

Notes:

Key Points:

- The will works like a muscle and gets tired.
- The will is made to surrender to God.
- The death of the ego is the surrender of the will.
- Thoughts and Feelings are always tied together.

