Spiritual Disciplines = Spiritual Maturity

Christian maturity occurs as a result of practicing spiritual disciplines regularly. These personal and interpersonal activities given by God in the Bible have been practiced by God's people since biblical times. They are the sufficient means Christians are to use in the Spirit-filled pursuit of godliness and closeness to Christ. Jesus modeled them for us and expects us to pursue them.

- What is the purpose of spiritual disciplines? What are the benefits?
- What are the spiritual disciplines? As a group generate a list of the various spiritual disciplines. After generating your list, pick one discipline and discuss.

| Read 1 Timothy 1:1-11 as a group. As a group, summarize the passage highlighting key points. | Grace: Why is God's grace so difficult to accept by so many? Scenario: You are speaking with someone who has had no religious background and is curious about Christianity. How would you explain grace to this person? |
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| In verses 1-2 Paul uses the words "hope," "grace," "mercy" and "peace." Define each word. | Mercy: • Name ways in which we all need mercy. |
| Hope: How does Christ specifically provide hope? How does the hope our Lord offers compare to the hope that the world offers? | Peace: How do we have peace with God? Name some examples of how the peace of God is seen in your life. |

- 3. In verses 3-7 Paul addresses false teaching.
- What is false teaching? Be specific. Does false teaching occur today? If so, how?
- Why are so many duped by false teaching? What is the root problem and how would you correct it?

• Given the importance of right doctrine in this passage, you would think that the goal of the command in verse 5 would be doctrinal correctness. Instead it is love. Why does Paul emphasize love?

Hint: Love (v. 5) comes from having one's heart purified and from a "good conscience." These in turn are possible only to those who have "a sincere faith." And where these three – the pure heart, the good conscience and sincere faith – exist together, the result is love.

 How does love produce a pure heart instead of sinful desires?

• How does love produce a good conscience instead of one full of guilt?

 How does love produce a sincere faith rather than pretense and hypocrisy?

- How have you exhibited these characteristics in your life?
- 4. In verses 8-11 the focus is on the law.
- First, what is the law? When is the law good? For whom was the law made?
- In what ways should we use God's law today?

 Is the list of sins in verses 9-10 valid today? Why is there a "rub" between a Christian's viewpoints of sin and the world's? How does a Christian respond to those who differ?

<u>Pray</u>

Many ministries start in the fall at RCC. Please pray that many will connect. Pray for these ministries:

Outreach (Fun Sports) Community Groups Men's Ministry Women's Ministry AWANA Children's Ministry Junior and Senior High Ministries