



How Can I Grow? Personal Spiritual Habits
March 10, 2024 | Selected Scripture
Questions for Study and Group Discussion

1. Briefly share some performance you've been a part of – maybe an athletic event, a musical performance, etc. How essential was practice for a good performance? Why?
2. Think more about the performance you shared in Question #1. How did knowing what you're practicing or training for help keep you motivated to train?
3. According to 1 Timothy 4:7, what should Christians be training for? As a group, discuss what "godliness" looks like in practical terms. (Need some help? Review the 6Cs of who we're becoming from recent messages, and check out Matthew 22:36-40 and Galatians 5:22-23.)
4. Look at 1 Timothy 4:8. What motivation does Paul give for training in godliness?
5. Do you have any examples from your life of how training in godliness "holds promise for this present life"?
6. How does training in godliness hold promise for the life to come?
7. The word for "train" in 1 Timothy 4:7 is an athletic word, carrying the ideas of effort, strain, and pushing yourself past what's comfortable. In other words, we don't drift into godliness; we must be intentional about training ourselves for it. Why is this important to keep in mind?
8. A few of the traditional spiritual habits or disciplines (habits that can be practiced for "training in godliness") are listed below. For each, briefly share (1) what is involved in the spiritual habit, (2) how it can help you "train yourself for godliness," and (3) any experience you've had with the particular discipline (consider both helpful practices or struggles).
 - Reading and studying the Bible
 - Prayer
 - Fasting
 - Sabbath
9. Choose one of the spiritual habits listed above. What can you do this week to lean into that habit more intentionally, in a way that helps you train for godliness?
10. "Train yourself for godliness" requires lots of doing. In the midst of this, why is it essential to ground our right standing with God not on what we DO but on what Jesus has DONE (see Ephesians 2:8-9)?
11. What is your biggest take-away from what you've discussed so far? What practical step will you take to apply what you've seen in God's Word?
12. **Challenge: Memorize 1 Timothy 4:7b-8:** "...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."