



Discussion Questions: “Training Tools for Spiritual Growth”

By Kelly Bell – February 2, 2023

1. Paul said to “Train yourselves to Godliness” in 1 Timothy 4:7. Discuss Paul’s analogy and comparison between the training of an athlete and our walk of faith. How does this speak to your heart?
2. As a mom, discuss some practical ways you can find time in your busy lives to be intentional with spiritual disciplines.
3. What are some disciplines you practice? Or, if you don’t, what disciplines would you like to implement into your spiritual life?
4. Are there any “old habits” you’d like to replace with some “healthy” ones?
5. What is your biggest “take away” from today’s message?