

1 Timothy 4:7-8 – Train Yourself to Be Godly

My Story

1. When have you been in the best physical shape of your life? How did you reach that point?

Digging Deeper

2. We can frequently tell someone who is physically fit from someone who is less so. Paul is talking about training in Godliness (spiritual fitness). How would you describe someone who is spiritually fit?
3. Physical fitness comes in many shapes & sizes (endurance athletes, decathlon champions, powerlifters). This is true spiritually as well. How would you describe the difference between someone who is spiritually like an endurance athlete, a decathlon champion, or a powerlifter?

4. What are some ways that spiritual fitness (training in Godliness) can benefit you in this earthly life? How does it benefit you in the life to come?

Reflection

5. In terms of your spiritual fitness, which type of “spiritual athlete” would you be (endurance athlete, decathlon champion, powerlifter, or other)?
6. What would your spiritual life look like if you devoted as much time to it as you do to your physical fitness? Would you be spiritually fitter, or weaker?

SERMON NOTES

1 Timothy 4:7-8 – Train Yourself to Be Godly

Taking the Next Step

Pick one area of spiritual fitness that you would like to work on (prayer, reading Scripture, faithfulness, purity, etc.). Spend 15 minutes working on this for at least 4 days this next week.

Praises / Prayer Requests

→

→

→

→

→

→

→