



# FRONT CENTER

## Train Yourself to Be Godly

Discussion Guide

September 2, 2018

1 Timothy 4:7-8

### Questions for Study

**\*\* Before you begin, please read 1 Timothy 4:7-8 as a group.**

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? 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 disciplines (that can be leveraged for "training in godliness") are listed below. For each, briefly share (1) what is involved in the spiritual discipline, (2) how it can help you "train yourself for godliness," and (3) any experience you've had with the particular discipline (if applicable).
  - Reading and studying the Bible
  - Prayer
  - Christian community
  - Serving others