

## Exercise in Godliness

1 Timothy 4:6-8

(June 9, 2013)

1. \_\_\_\_\_ as a \_\_\_\_\_. (v. 6a)

✧ Training is \_\_\_\_\_

✧ “These things” -

2. \_\_\_\_\_ healthy spiritual \_\_\_\_\_. (v. 6b-7a)

✧ Healthy food:

✧ Junk food:

3. \_\_\_\_\_ with a complete spiritual \_\_\_\_\_  
\_\_\_\_\_. (v. 7b-8)

✧ The long-term benefits:

✧ The requirements:

## Message-Based Discussion Questions

1. We all know that healthy eating and exercise are best for us. In these areas, how are you most disciplined? What's the hardest for you to maintain (and why)?

### **Digging Deeper:**

2. We are not saved by our hard work. So how does our work flow out of our salvation through faith in Christ? (see 1 Tim. 4:10; Eph. 2:8-10; James 2:18-19)

3. Why is it necessary for us to exhibit a healthy pursuit of godliness? (see 1 Peter 2:11-12; Phil. 2:12-16)

4. What commitment must we make to discipline ourselves toward godliness? (see 1 Cor. 9:24-27)

### **Making Application of the Message to My Life:**

5. Exercise in godliness requires teamwork and accountable relationships. Look at Hebrews 12:1-3. Who are you running the race of Christian life alongside? What makes these relationships so important?

6. What does your spiritual diet (1 Tim. 4:6-7) look like? How might your intake need to change? How do you plan on making these adjustments?

7. What does your spiritual exercise regimen (1 Tim. 4:7-8) look like? How might you need to discipline yourself for improved spiritual health? How do you plan on making these adjustments?