

Warm Up (15 minutes)

What do you do to keep in shape? How physically fit are you?

Read

1 Timothy 4

Digging Deeper (30 minutes)

The focus in this passage is on two lifestyles: the lifestyle of the false teachers and the lifestyle recommended to Timothy for a Christian.

1. From verses 2-3 what can you assume is the lifestyle of the false teachers? (see 6:3-4, 9-10)?
2. In contrast, what is the lifestyle recommended to Timothy for a Christian? (vv. 6, 7, 10, 12, 16)?
3. What is some good advice Paul gives Timothy in verses 11-16 that would be good for any spiritual leader in the church today?
4. What is the balance and practice Paul recommends to Timothy (v. 16)?
5. If Paul were around today, what would he say to leaders about their lifestyle?

Life Application (15 minutes)

1. Quite honestly, are you more concerned about your physical health or your spiritual health?
2. What regime have you found helpful in keeping spiritually fit?
3. Where could you use a little help?

PRAY (15 minutes – Or do this at the beginning of your group.)
Take a moment to share prayer requests that relate to the people in your group, and then pray for those needs.

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Review

Sermon Series: Growing in Godliness

Becoming people whom God can use to make a difference while living as exiles in this world requires growing in godliness.

- Pt. 1, On Solid Ground. (Mt 14:22-36)
- Pt. 2, Pursuing Peace. (Phil 4:6-9)
- Pt. 3, Making a Difference. (1 Thes 1:1-10)
- Pt. 4, Living as Exiles. (1 Pet 2:9-12)
- Pt. 5, Growing in Godliness. (1 Tim 4:7-8)

What is godliness?

1. Godliness requires _____
2. Godliness is not _____
3. Godliness is the _____ of spiritual _____

Examples of godliness

1. Enoch (Ge 5:24); Noah (Ge 6:9); Obadiah (1Ki 18:3-4); Hezekiah (2 Ch 31:20-21); Job (Job 1:1) David (1 Sam. 13:14; Acts 13:22)
2. Simeon (Lk 2:25); Anna; (Lk 2:37) Nathanael (Jn 1:47)
3. Jesus Christ (Jn 8:29; Heb 5:7)
4. Cornelius and his family (Ac 10:2,7)
5. Barnabas (Ac 11:24); Ananias (Ac 22:12)
6. Others (Ac 2:5; 8:2)

Applying godliness to our lives

1. V. 7 Godliness is a _____ matter. cf. 1 Tim 4:16
2. V. 7 Godliness is a _____ matter cf. 2 Peter 3:18.
3. V. 8 Godliness is a _____ matter
in the _____ and _____
4. Seeking to grow in godliness this week I will:

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