



Training

This message will help us to learn how we can be equipped to live and to lead through tough circumstances.

OPENING QUESTIONS – Use on or more of these questions to connect with others in your group:

Do you exercise regularly? Do you have a regular quiet time with God?

KEY POINTS – take a minute to review the key points from this weekend's message

- Spiritual training is critical because some questions, problems, and pain in this life only have spiritual answers, comfort, and direction.
- Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Tim. 4:8 NIV
- We need to be prepared for whatever life throws our way. And if you'll prioritize your spiritual fitness, you'll have answers for this life, and the life to come!
- Godliness is not just knowing more about God, it is knowing God personally and learning to follow his ways. It makes our lives more beautiful and connects us to something greater than ourselves.
- The only way to get fit is to train for it because when the pressure is on, we “fall back” on our highest level of training.
 - Be selective on what or who you listen to and allow into your life.
 - The number one tool to learn more about God is the Bible.
 - Take time daily for prayer and reflection to get to know God personally.
 - A Bible reading plan or devotional can be a big help.

SCRIPTURES USED IN THIS MESSAGE: 1 Timothy 4:7-9 Philippians 3:4-6 Philippians 4:6-8 Genesis 1:1
Genesis 15:6

Additional scripture: 2 Timothy 2:4-7 & 14-16 & 22-26, 2 Timothy 3:14-17 1 Corinthians 9:24-27

RESPOND

Talk about a thought, phrase, or moment from this weekend's message that stuck with you. Give a brief reason for why these things stuck with you.

Where or who do you turn to when you have questions, problems, or pain in your life? Do you seek for answers and help from friends, family, or Google, or do you turn to God and the Bible?

Are you the type of person who seeks out training or are you more likely to just wing it?

Read 1 Corinthians 9:24-27 - Name one way that physical and spiritual training are similar and one way they are different.

2 Timothy 3:14-17 – Which of these statements describes you: I read the Bible regularly. **OR** I find it difficult to read the Bible so I shy away from it. Talk about your answer.

What devotional or Bible reading plan has been particularly helpful to you in the past?

APPLY

Take time at least 4 days a week to pray, read the Bible and be in a quiet place with God. You could get started by reading through 1 Timothy.

PRAY

Pair off and pray for each other. Ask God to be present in your quiet time and teach you through the scripture that you read.