

## SERMON NOTES



This week's sermon  
SPIRITUAL WELLNESS PLAN  
1 Timothy 4:6-10

What we believe shapes how we behave.

Because eternity is a fact, we should discipline ourselves for the purpose of godliness.

What discipline is:

- 1) Discipline is an ongoing process, not a quick fix.
- 2) Discipline involves hard work.
- 3) Discipline means discarding hindrances.
- 4) Discipline means keeping your eyes on the goal.
- 5) Discipline is not opposed to the grace of God.

Godliness is not just avoiding sin in order to escape punishment. It is avoiding things which we know don't please God, because we love him more than we love our own way.

## Digging Deeper into the Message

*“<sup>6</sup>If you put these things before the brothers,<sup>6</sup> you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. <sup>7</sup>Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; <sup>8</sup>for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. <sup>9</sup>The saying is trustworthy and deserving of full acceptance. <sup>10</sup>For to this end we toil and strive,<sup>10</sup> because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.”*

1 Timothy 4:6-10

1. What should we be trained in? (verse 6)
2. What are some irreverent, silly myths floating around among Christians right now? How can you tell the difference between the myths and the truth?
3. Why is godliness of more value than bodily training? (verse 8)
4. What are we toiling and striving for?
5. In what is our hope set? (verse 10)
6. What do you observe about the text that you haven't noticed before?
7. What are 3 ways you can apply this text to your life?

## Community Group

**ICEBREAKER:** What comes to mind when you hear the word discipline?

### **QUESTIONS:**

- ❖ If you knew you only had one year to live, how would your life be different? What about one week?
- ❖ Read the first two points on the MAP. Where's the balance between having eternal perspective, but still accomplishing daily tasks that have to be done?
- ❖ What is the difference between being disciplined and being driven?
- ❖ Read “what discipline is”, 1 & 2 on the MAP. Why are “quick fix” answers so tempting?
- ❖ Think of something you worked hard for in your life and finally achieved. Was it worth it? Would you do it again?
- ❖ Read point 3 under “what discipline is”. What are some non-sinful hindrances to discipline that you need to discard?
- ❖ Read points 4-5 under “what discipline is”. What is the goal of Christian discipline? If we are saved by grace and resting in God's favor, why should we be disciplined in godliness at all?
- ❖ Read the last part of the MAP. What are some things we know do not please God? What IS the only way to please God? (See Hebrews 11:6).
- ❖ What practical steps can you take in order to be more disciplined in godliness?
- ❖ Were there any questions that the sermon brought to mind?

**APPLICATION:** If you committed to reading the Bible regularly for the rest of this calendar year, how would your life change? Would you recognize yourself? Ask God if he's calling you to do this.