

## Questions: 1 Timothy 4:1-8 September 14

### Train yourself to be godly

Read through the passage together.

1. What have been some factors that have caused your faith to struggle in the past? What do we learn from that?
2. In verses 3,4 Paul uses the word 'thanksgiving' twice.  
Write out a list of things you are thankful for and share them with the group.  
Talk about some things in your life you struggle to receive with thanksgiving.
3. Read verse 6. What happens for you as you apply that verse to yourself? Are we all responsible to 'teach' others? Disciple others?
4. Read verses 7,8  
David said that the focus here is 'train yourself...you must have a plan'  
What do you have in place to train yourself to be godly? What do you need to put in place to take 'your godliness' to another level?  
What action/ next step will you take?
5. What makes it harder for you in this training? What helps you in your training?
6. Talk about blind spots in your life. Who will help you to see them?  
Share with each other in your group one area that you have noticed they have grown in this year.
7. David made the comment; 'the greatest need of the people around you is your godliness'. Discuss this in your group.
8. <sup>8</sup> *For 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.*  
How does your godliness training affect the eternity of others?
9. Remember, your training provides opportunities for God to transform you.  
God is the one doing the transformation.  
Pray for each other.