

RUNNING HIGH

2. Training for Life

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read 1 Timothy 4.7-10

7 Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 8 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.

- What do you think is the value of godliness for this present life? How and why does it benefit us?
- What do you think Paul means when he talks about the promise that godliness holds for 'the life to come'? Does this motivate you, confuse you or plain freak you out?
- Philip said training involves Discomfort, Discipline and Desire. Do you agree with this analysis? Has this been your experience with spiritual things? Have you ever developed in terms of Spiritual Disciplines?
- 5 minutes Silence, 5 minutes Scripture and 5 minutes Prayer. How do you feel about adopting the proposed Daily Spiritual Training plan – or something like it? What are the challenges for you in doing this? What do you hope to achieve?
- How can we as a group encourage one another to train for godliness?

For help with Scripture check out: www.woodlandsmetro.church/talks/how-to-read-the-bible-notes

For help with Prayer revisit: www.woodlandsmetro.church/talks/how-to-pray

Big Idea: 'You have a greater capacity to know God and be like Him than you realise. The way to unlock this is through the Discomfort, Discipline and Desire of Spiritual Training.'

Pray for one another in twos and threes. Pray most of all for the Desire necessary to enter into Spiritual Training. Pray for the ability to push through the Discomfort and challenges of doing something most don't find easy. Pray for strength to be Disciplined and keep at it, even through failure.

Make commitments to one another to support each other and spur each other on.

Pray that in all this we'd quickly experience the promise of godliness for this life.