

Going Deeper...New Life Church Small Group Message Reflection

Based on 1Timothy 4:7-14

Getting Started:

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

Going Deeper:

1. How would you explain to someone what Paul means by being “godly” (v. 7; see also vv. 11-16)? How does this lifestyle differ from the self-denial taught by the false teachers (v.3)?
2. Why is age a non-factor in being a strong influence for the Gospel? Regardless of age, what can every believer do (v. 12)?

Applications:

1. Do you spend more time and energy on physical training or godliness training? How intense has your godliness training been this year? In the past? With your children? Have you neglected the use of any God-given gifts (v. 14)?
2. What disciplines should be part of a spiritual growth program? Which do you want to work on?

Questions from: Serendipity Bible, NIV Version”