



INTRODUCTION

Godliness doesn't come without effort. Paul exhorts those who want to be a good servant of Christ to nourish themselves on truth and discipline themselves for godliness.

INSTRUCTIONS

This guide is meant to facilitate discussion which will lead to a response to God's word. Therefore, please use it as tool that best fits the needs of your community group.

OPENING DISCUSSION

- Read **1 Timothy 4:6-10**
- What do you find interesting/compelling/confusing about this passage?

REVIEW

- What things must we "put before the brothers?"
- How does sound doctrine nourish us?
- What Christians "myths" should we avoid?
- Why must we "exercise," "toil" and "strive" for godliness?
- What does he mean that godliness has value in "every way?"
- How is present godliness valuable for the "life to come?"

APPLICATION

- Some say Christians should be known for what we are for, rather than what we are against. Thoughts.
- In what way do you toil and strive for godliness?
- What in the past stirred your heart for Christ and Christlikeness? What practices/habits/routines make you more prone sin?
- In what way are you currently "hoping" in the living God? How can such hope empower self-discipline for godliness?
- Why is laboring for godliness not the same as legalism?
- What plans can you make to grow in godliness?

PRAYER (divide the group based on gender if desired)

- What action/repentance does God want you to take according to the truths of this text?
- Are there any other prayer needs