



## SDG Discussion Guide

### 1 Timothy 4:1-16

July 8, 2018

For starters:

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

What physical traits have you inherited from your father's side of the family? Your mother's?

What was the best part of your week? The worst?

Interaction with the text: (The following questions are meant to provide points of further interaction with the respective sermon text. Feel free to forward the questions to your small group members ahead of the respective Sunday. Group members may also find these questions in print on that Sunday.)

As you can, read aloud the passages in your group. Provided you can, read them aloud a second time but from a different Bible translation (eg, read from the ESV after first reading from the NIV). Before you begin your discussion, pray and ask God to speak to your group. Notice, what may God be highlighting for your discussion and learning?

Now that you have read the text together, what points and questions arose? Spend plenty of time in your group to address these. What else did you notice? Explore and see how God may steer the discussion. The following are further questions for interaction.

1. What one or two pieces of advice would you offer to a young person leaving home for the first time?
2. How does Paul describe those who are stirring up trouble in the church at this time (vv 1-3)?
3. What is false and hypocritical about the teaching in Ephesus? How should Timothy combat it?
4. 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)?
5. Why is age a non-factor in being a strong influence for the Gospel: Regardless of age, what can every believer do (v 12)?
6. How do you identify hypocrisy versus human imperfection?
7. Do you spend more time and energy on physical training or godliness training? How intense has your Godliness training been this year? In this past? With your children? Have you neglected the use of any God-given gifts (v 14)?
8. What disciplines ought to be part of a spiritual growth program? Which give you the most spiritual energy? Which do you want to work on?

Spend some time in prayer. Ask the Holy Spirit to draw near to you anew in this prayer time. Pause, wait and expect his presence. Ask God to continue to speak to you from his word in these passages. Ask him for his peace and courage. Go forth in expectation of God's firm assurance that as you step out in faith... you shall have his encouragement.

\*These questions were adapted from *The Serendipity Bible for Groups* (Zondervan, 1998).