

Sermon Based Small Groups Study Questions

The Lost Secret of Spiritual Vitality

1 Timothy 4:6-16

Start It: Connecting with each other

1. Have you ever written or received a letter that gave you instructions or commanded you to you to behave in a certain way? Describe the circumstances.
2. How careful are you with your physical body? Are you careful about the types of food you eat? How about physical exercise? Why is this important to you?

Study It: Connecting with God's Word

1. [4:6] What is Timothy supposed to "point out?" Why is he supposed to "point out these things?" What does "sound doctrine" and "words of faith" mean? What does it mean to "nourish" on these?
2. [4:7] What does "godless myths" mean? Do you really think that Paul believes that "godless myths" are actually fit for old married women? If not, what does Paul mean?
3. [4:8] Why might Paul mention that bodily discipline has some small value? What does "godliness" mean? Why is the pursuit of godliness so much better?
4. [4:9] What statement is trustworthy?
5. [4:10] For what does Paul "labor and strive?"
6. [4:11] What things does Paul tell Timothy to "prescribe [command] and teach?"
7. [4:13] What three things must Timothy do in public? Why is this important?
8. [4:14] Who gave Timothy his "spiritual gift" and for what reason? How did he know he received it? Could he lose the gift?
9. [4:15-16] List all the ways Paul tells Timothy to be serious about teaching, preaching, living, and using his gifts? What results could Timothy expect from his dedication?

Live It: Apply the Truth of Scripture

1. From this passage, what have you learned about godly living? What role does the Christian play and what is God's role?
2. Based on this passage list activities and practices you can do to encourage your spiritual growth. Do you see this list as a positive motivation and encouragement or do you see it as another form of "law?"
3. Do you know what your spiritual gift(s) is? How do you know? How have you nurtured and used that gift for God's glory? Has the church body encouraged you in their use? What differences are there between natural and spiritual gifts?
4. Do you think your life is a positive example of Christian living for your family, friends, neighbors and colleagues at work (See John 13:35)? Does the godly life of our leaders motivate you to be more godly?