



HOMEGROWN

Discipleship

Getting Fit - 4/19/2020

OVERVIEW

We don't have to wonder what it looks like to be a follower of Jesus; we have the perfect example in Scripture! By looking at Jesus' life, we see rhythms—spiritual practices—that He continually used to connect with His Father. Just like physical health takes physical training, our spiritual health takes spiritual training. Over the course of this series we will dive into how we can spiritually train ourselves to be godly just like 1 Timothy 4:7 says. God is patiently waiting for us to connect!

Scripture (all NLT): Mark 1:17; 1 John 2:6; 1 Corinthians 9:24-27; 1 Timothy 4:7-9

APPLICATION

- Jesus is the ultimate role model, but others can also play an influential part in our lives. Name someone in your life (other than Jesus) who has modeled spiritual practices to you. Explain the impact that had on you.
- 1 Timothy 4:7 says, "Train yourself to be godly." On a scale of 1 to 10, with 10 being spiritually trained and healthy and 1 being spiritually lazy, how would you rate your spiritual health? Why?
- To be a disciple who follows Jesus, is being made like Jesus and who is on mission with Jesus, we must spiritually train. What is holding you back from the training Woody described?
- Just as we train physically to do the things we want to do through repetition, an allotted time, set activities, etc., we must also spiritually train as well. How have you trained yourself for godliness in the last month? What are the results of that training?

HOMEWORK: Let's do this together! Throughout this series we want to challenge you to begin a daily "chair time" (if you don't already do that) – a time set apart to connect with God. To help you get started, or to enhance what you're already doing, we will be completing YouVersion Bible plans together as a church body. To join a Blue Ridge reading group, sign-up at www.blueridge.org/readingplan.

