



TRAIN YOURSELVES TO BE GODLY: A WORKOUT WITH GOD

Trent made it very clear that spiritual health and holiness doesn't just fall in your lap. Yes, it requires work on your part just like building muscle or any kind of physical or mental training. However, the only reason to train and become soul-healthy is because of Jesus. He provides the purpose and gives us the ability to rise and help others rise with us.

Read 1 Timothy 4:7-16.

Training is an ugly word for many people. Sticking with it and even wanting to do it is a huge challenge if we even care at all. The unfortunate truth is that many, maybe most, of us are no better at spiritual training (health) than we are at physical training.

When you think about training, what feelings and thoughts come to mind?

What do you do to make spiritual training a positive and not a negative thing?

TALK ABOUT IT

The thought of perfection may not be a challenge for you. Most of us accept we are not perfect. However, guilt is a powerful enemy and accountability partner.

What do you tend to beat yourself up about the most?

Remember the long list of people in the Bible along with their imperfections in Trent's sermon? My personal faves were, "Leah was ugly" (ouch) and "Timothy got digestive issues dealing with church folk."

How can or are you reflecting Jesus in your life despite your imperfections?

Talk about the tension between knowing better and doing better.

APPLY IT

Paul said, "Do not neglect your gift(s) (which was given to you by God)."

What responsibilities do you have for using your gifts for God? (Name one.)

The Holy Spirit, when it is present in our hearts, produces what Paul called the “Fruits” of the Spirit. (Galatians 5:22-23) Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Which of these is strongest in you?

Which is weakest? (Read the list again.)

Trent reminded us that, *“He who was way up high came down low because I was too low down to get up high.”*

Read 2 Corinthians 5:21.

What does LESS OF ME, MORE OF GOD look like in your life?

PRAY

There is a lot to pray about here. Really, the primary thing to remember is that everything starts with God. Praying to him for a less of me, more of God attitude is a great place to start. Pray about that before you leave.