



Training in Godliness | Doug Wekenman | 11.13.22

## Weekly Study

### SHARE

On Sunday, Doug gave us some functional ways on to what it looks like to train in godliness. He reminded us that we are not just church-goers, we are Jesus followers who are training in godliness, so that we can take hold of and get the most out of this life and the life to come.

Before we jump into the study, take some time to check in with your group and ask the following questions:

- What is the most impactful or challenging thing you learned during Sunday's sermon?
- What did that thing teach you about God? About yourself?

### GROW

#### Read 1 Timothy 4:6-10

We all have gone through some sort of training in our lives. Some have trained as officers, doctors, teachers, athletes, and even pastors. Others may have trained to run businesses or how to run a household. The point is, we have all trained for something and most likely have enjoyed many aspects of the training yet there are many aspects of training that are unpleasant as well. In the Scripture we just read, the Apostle Paul is writing to his good friend

Timothy and instructing him in the way of godliness so that then his life will emulate this as he goes and leads others. Godliness is not static or fixed, godliness is active. It literally is an active obedience that overflows from a deep knowing of God.

**Think of someone in your life that, from your perspective, lives and trains in godliness. Share with your group.**

As Doug pointed out this week, there is a crucial importance of training in godliness. As we go, this requires us to seek to build our lives on truth and living outside of the four walls of a church in a way that makes people wonder what it is that we have and who it is we know. This is the “why” that we train in godliness, to know God and make him known making heaven more crowded.

**Share of a time in your life that you trained for something. What were the pleasant aspects of the training and what were the not-so-pleasant aspects? How did this training help you become who you are today?**

**How does that training help you understand and bring into perspective the importance of training in godliness and what it requires from you as a follower of Jesus?**

M O V E

**Read Philippians 4:4-13**

So, how do we train ourselves in Godliness? Doug, our “personal soul trainer” this week, walked us through some functional ways to train. We can train through a healthy diet in *tithing our time, minding our minds, making the process our passion and putting it all into practice*. This is a required training to become more like Jesus whose very essence is godly.

Being in the Word of God as a daily discipline in our lives and allowing God to meet us where we are at is fundamental to this process. God will come to us; he is already with us. We must ask God to make us aware of this and in our every moment the process will become our

passion. Knowing that God is with us and that we are part of a much bigger story that we play a unique role in keeps us in the training. Leaning into the promise of Philippians 4:13 will help us to move forward and put all things godly into practice.

As God wants to meet us where we are at, he desires to be a part of the celebrations, in our suffering, in the walls of the prison cell and inside the walls of our home. We are invited alongside God to do his work for his Kingdom. It's time to do it. You can do all things that he has purposed you to do. Purpose and passion behind bars, in your workplace, in your classroom, it is Christ who gives you strength. Our training in godliness will change the world for God's glory and our good we just have to trust that we are not alone in the process.

**What are your thoughts when it comes to the training process? You may be ready to commit to reading the Bible in a year or simply commit to waking up a bit early and beginning your day with God by not getting on your phone first thing.**

**What is your "why" or the passion behind being committed to training in godliness?**

**Where has God placed you that the fruit of your training in godliness needs to be experienced? At work? At school? In your friend group? Driving in traffic? On social media? Share.**

## **P R A Y**

Take time to pray together over your arenas of influence this week and for courage to go and make God known.

*May the grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all. (2 Cor. 13:14)*

