

- 1 **Paul compared being a Christian to being an athlete in 1Timothy 4:8.** What stands out to you in that metaphor? How is getting in shape physically similar to getting in shape spiritually? How is it different?

♥ *Practically speaking, how would a person obey 1Tim. 4:7 and train themselves in godliness?*

♥ *What specific areas of your own life and godliness need training?*

- 2 **Why is immersing oneself in the Word of God so critical to being a good servant of Christ Jesus?** (1 Tim. 4:4-5, 11-16)

🗨 *How do you find nourishment and strength in God's word? What are some of the best practices you have learned along your journey of faith?*

♥ *Share some specific ways that God's word has nourished you in the last few weeks.*

- 3 **What authority does a Christian have to correct error or teach the truth?** How can we use that authority rightly without abusing it?

🔧 In 1 Tim. 4:1-2, Paul warns that “some will depart from the faith, paying attention to deceitful spirits.” From what specific teachings do you see people falling away from today? What are they embracing instead?

🗨️ How can false teaching (like that in 1Tim. 4:3) sound very “spiritual?”

💡 What does combatting these kinds of errors look like?

4 **Where have you encountered false doctrine on the radio, movies, TV, social media, or the internet?** Have you ever seen any of these errors being expressed in the church? How can you protect yourself and the church from false teaching?

5 **Why do you suppose Paul mentioned the five areas of exemplar living that he did in (1Tim. 4:12)?**

🔧 What are some areas he didn't mention?

♥️ How does this list strike you and where you are at currently in your life?

6 **In 1Timothy 4:16 we are told to pay attention to ourselves.** What kind of person are you becoming? What areas of your life could use some more attention?