

● **No pain, no gain (v9-10)**

● **The 'speech' arena (v12)**

● **The 'life-in-practice' arena (v12)**

● **The 'love' arena (v12)**

● **The 'faith' arena (v12)**

- The 'purity' arena (v12)

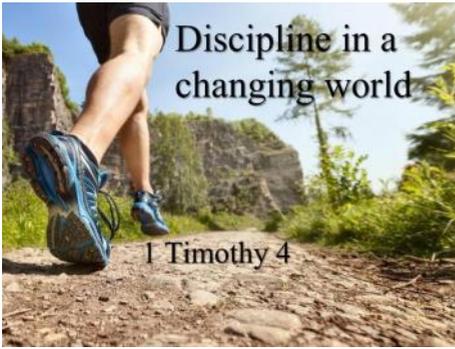
- Others watch you, so watch yourself (v15-16)

- The importance of watching doctrine (v16)

- Be like Jesus (3v16)

Conversation starter:

What do you think of when you think of the word 'discipline'?



Discussion group questions

Some of these questions are personal and others are more general. You will find it helpful to have heard the talk so why not listen at <http://leightonbaptists.org.uk/media-links/current-teaching/>

Feel free to pick and choose which questions your group will find most helpful.

- Was there anything that particularly stood out for you in the talk that it is important to discuss?
- *'Train yourself to be godly' (1 Tim 4v7)*. Being honest, how high up your list of priorities is this?
- Why is the 'gym' picture helpful as we think about being godly. What lessons can we learn. If the 'gym' idea puts you off (!!!) is there an equivalent picture that helps us to reflect on the lessons to learn?
- What benefits of godliness in this life most excite you? What about in the one to come?
- This question may require vulnerability (just a warning!) Where are the challenges to your being disciplined in godliness in the 5 areas Paul highlights for Timothy in v12. How might you grow in the discipline of godliness in these areas?
- What encouragements are there in these verses to help you to keep going?

At Work

- How might people see your 'progress' in godliness at work? Is it a right attitude to want people to see your godliness?

Dig Deeper

- Reflect on 3v16. How is this a definition of godliness?

Spend time praying practical prayers for one another. Pick one specific thing each and pray for them