

Heavy Duty

Preparation for Sunday, March 10, 2013 “The Practice of Godliness”

Monday - Tuesday

1. The Benefit of Godliness - Read 1 Timothy 4:7-10

- Do you think most Christians spend more time thinking about how their walk with Christ impacts “the present life” or “the life to come”? If you were completely honest, which do you think about more?
- How does right relationship with God give meaning to the efforts we put into the practice of godliness?
- Rephrase Paul’s statement, “...godliness is beneficial in every way,” in your own words, explaining specific ways godliness is beneficial.
- What is the difference between godliness and self-discipline?
- What habits are part of the practice of godliness?
- Have you ever trained for a specific event, such as a marathon or triathlon? Or have you ever set a specific goal for weight loss, an amount you want to be able to bench press, or a speed record you want to beat?
- How does having a specific event or goal help you with your motivation?
- What kinds of goals could we set that would keep us motivated in our training for godliness?

Wednesday - Thursday

2. The Basis of Godliness – Read Titus 3:1-8a

- This passage is one of the few in Scripture where all three Persons of the Trinity are discussed. What are the respective roles of the Father, the Son, and the Holy Spirit in this passage?
- Paul painted a clear before-and-after picture in verses 1-3. What kinds of changes were made in his life by the entrance of Jesus Christ?
- How would you explain the proper role for works of righteousness?
- According to verse 5, what motivated God to offer us salvation through Jesus Christ?
- How does the trustworthy saying in this passage remove any excuse we might have for arrogance in our good works?

Friday - Saturday

3. The Devotion to Godliness – Read Titus 3:8b-9

- Describe Paul’s vision of how the body of Christ should function.
- According to this passage, what role do we have in other’s lives as Christians?
- What impact do my individual choices related to godliness have on the larger body of Christ?
- Think back on recent discussions or conversations you have had with groups of fellow believers. What were some topics that received the most attention?
- What are some theological and practical issues that sidetrack the church today?
- How does godliness in believers affect these discussions?
- Look at the question on page 110. How should we complete this sentence: “Our church would have more time to focus on _____ if we spent less time worrying about _____.”

Additional Reading for this Week:

1. First Century Gymnasiums and Exercise
2. Bodily Exercise – The Gymnasium in the First Century
3. Godliness – A First Century Understanding