

GAME CHANGER

WEEK 1 | SPIRITUAL DISCIPLINES | 1 TIMOTHY 4:1-15

INSPECTION: WHAT DOES IT SAY?

What warning does Paul make about demons in verse 1?

What do we learn from verses 4-5?

What attitude should we take toward “godless myths” and “old wives’ tales” as seen in verse 7?

According to verse 8, what is the little profit of physical training?

To what two things in verse 16 did Paul encourage Timothy to pay attention?

OBSERVATION: WHAT DOES IT MEAN?

How do physical training and godly training complement one another?

How can age (young or old) become an obstacle to ministry in the eyes of others? Verse 12

What three spiritual exercises did Paul instruct Timothy to practice in verse 13?

How did Timothy receive his spiritual gift? How do we find out our giftings?

When do we stop being diligent in progressing in our spiritual disciplines?

LIFE APPLICATION: WHAT DOES IT MEAN FOR ME?

Send a note of encouragement to a young person in the faith.

Take someone out to lunch who has abandoned the faith. Listen to their heart.

Make a list of things you hope for in this world and then put God at the top.

Offer to serve in one of the various ministries of the church.

Ask a friend to join you in doing these lessons.

MEDITATION: WHAT DOES GOD SAY?

Matthew 6:16-18

2 Timothy 3:16-17

Joshua 1:8

Psalms 1:1-2

1 Thessalonians 5:16-18

Matthew 6:5-6

Psalms 105:1-2

Colossians 3:16

SUPPLICATION: WHAT CAN WE MEDITATE?

Confession

O Lord, I come to You out of my great need. You have promised in Your Word that whoever comes to You shall not be cast out.

I dare to pray that something will happen to me in your presence. Lord, I know I need to be changed! For the visions that once swept across the skies of monotony, like white winged gulls, have dimmed and faded, and I would see them again. Open my eyes!

Shame fills my heart as I remember the aspirations that I have breathed before You, the vows I made, the resolves that were born, the seedlings of consecration that were planted in my heart. I blush to remember the withering blight that touched them all—my failure, my shortcomings.

Lord, I confess before You that:

I have had longings and nudges from You which I did not translate into action.

I have made decisions without consulting You, then have blamed You when things went wrong.

I have said that I trusted You, yet have not turned my affairs over to You.

I have been greedy for present delights and pleasures, unwilling to wait for those joys which time and discipline alone can give.

I have often sought the easy way; have consistently drawn back from the road that is hard.

I have been fond of giving myself to dreams to what I am going to do some time, yet have been so slow in getting started to do them.

These things I confess to You.

In the name of Jesus, Amen

Peter Marshal (1902-1949)