

Participant's Questions – Sermon Based Life Group
-*"Preview of Coming Attractions"*-

For openers ☺:

1. What do you think is the most important thing the New York Giants & New England Patriots wanted out of life a few weeks back before game time?
2. Help each other make a list of the different kinds of physical and mental disciplines each player had to subject himself to in order to get to the Super Bowl. Please list them.
3. What do you think are the disciplines each team had to subject themselves to in order to get to the Super Bowl? Please list them.

Read together 1 Timothy 4:7b-11

1. Why would Paul write this in his letter to Timothy? What might he be hoping would be the end result in Timothy's own life and his ministry?
2. Can you describe the kinds of things Timothy might stop or start doing in order to build a level of godliness into his life?
3. What kind of change might this have on Timothy's ministry?
4. How might the believers in Ephesus be motivated to live differently-what kind of changes do you think others might see in each other's life?

The late Tom Landry of the Dallas Cowboys when once asked how he was able to amass so many wins from such a strong group of individuals replied, *"My job is to get men to do what they don't want to do in order to achieve what they've always wanted to achieve."*

Share with each other what it is you want most out of the Christian life!

1. What are some of the similarities and differences between physical and spiritual disciplines that might produce the kind of effect a believer wants out of the Christian Life?
2. As a group make a list of at least 10 spiritual, physical and mental disciplines that produce godliness.
3. How might each of those disciplines help a believer to do something they don't want to do in order to achieve what they've always wanted? Be specific.
4. Share with each other the disciplines you would like to see in your life and how the group can assist you do what you find hard to do in order to achieve what you've always wanted?

Prayer: _____

