

Pastoral Letters (1 & 2 Timothy, Titus) – Lesson 3 Workbook

Spiritual Discipline

1 Timothy 4:7-16

1. What does Paul say we have to do to be godly in verse 7?

2. What do you think it means that godliness has value for all things?

3. What level of acceptance does this teaching require?

Optional Activity

Use the space below to list ways you can train for godliness, as described in 1 Timothy 4:7-16

2 Timothy 2:22-26

1. What are some things Paul encourages Timothy to do in this passage?

2. Are these things easy things to do?

3. How might you have to discipline yourself to do them? How would you go about doing that?

4. What happens to people who don't do these things?

Titus 2:11-15

1. According to verse 11, what is our motivation in saying "no" to ungodliness?

2. What does verse 12 suggest we should do instead?

3. What is the reward to those who live this type of life?

4. What did Jesus do so that we could live for Him?

Spiritual Disciplines Exercises

Choose at least one of the following exercises and make a commitment to do it for one month.

1. Journaling

If you love to write, journaling could be a great discipline for you. You can record your thoughts, write out prayers, confess sin, or give thanks. You can do it creatively by writing a poem or a song, or you can just scatter your thoughts on a page. Try to journal 4-5 times a week for a month.

2. Bible Study

This should be a discipline everyone practices. It can be coupled with another discipline, like journaling. Read one chapter a day every day for a month. A good book to use is Proverbs, since it has 31 chapters (many months have 31 days). Or pick a different passage each day. Read, think, and write down your questions. Take your questions to someone you trust and talk about what you're reading.

3. Solitude

Being by yourself is a lost art. Try spending some time (20-30) minutes, by yourself. This time, though, don't spend it playing video games or with your iPod in your ears. Sit in silence. Pray. Spend some time slowing yourself down and listening for God's voice.

4. Prayer

Spend 15 minutes each day in prayer. Try praying in different physical positions (on your knees, laying face down, etc.). Make sure to spend time thanking God, praying for the needs of others, and confessing sin. Find time during your day when you can do this uninterrupted.

5. Service

Look around your house and find needs in your family. Look in your neighborhood or at your church. Find ways to help other people. Do it in secret or ask them how you can help. When you're done, think through what you've experienced. Find a way to serve all month.

6. Worship

Spend time alone listening to worship music. Focus your mind entirely on the things of God. Exalt Him, praise Him, submit to Him. Spend a little time each day doing this for a month.

7. Confession

Once a week for a month think about the way you live. Is your life godly? Confess your sins to God. Find someone you trust and confess your sins to him or her. Form an accountable relationship with another believer. Repent of your sins and ask for help moving forward.

Homework

- Memorize 1 Timothy 4:8-9
- Continue to practice the Spiritual Discipline Exercise(s) selected for the next month.
- Pray that God will help you become more like Jesus by making practicing Spiritual Disciplines a daily habit in your life.