



CAN'T STOP. WON'T STOP.

Trained to Go the Distance

#npcantstopwontstop

Week 4

4 of 4

September 30, 2018

Bottom Line: The key is to train, not try.

Icebreaker: Give each member a moment to share about a skill they have and how they obtained it (i.e. musical ability, sports skill, artistic ability, etc.) How old were they when they started?

Key Verse: . . . *train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.* 1 Timothy 4:7-8

An academic discipline is a field of study in higher education. The disciplines are divided into major areas like Humanities, Social Sciences, Natural Sciences and then into sub-disciplines like History, Theology, and the Arts. They are called that because, as most scholars and aspiring graduates would agree, becoming skilled and successful in their area requires discipline and focus. You can't dabble at it and become great. It's not natural, and you don't just casually "pick it up." You have to actually train, sacrifice, and be willing to be tested and go through the trouble of discipline.

In the same line of thinking, Paul was telling his young protégé Timothy that he would not be spiritually fit and resilient by osmosis or luck any more than he would be physically fit without effort. He said it takes time and trouble to be spiritually fit. It requires discipline. But the sacrifice has a great payoff—spiritual discipline and training will not only yield benefits in this life, but in the life to come.

It's a clear principle in every field in life that success or failure is rooted in the habits we build into our lives, or the lack of effective habits. A habit is something that is repeated so often and consistently that it becomes a way of life. Resilient people who finish well and contribute all the way through their journeys are those who have developed spiritual habits through disciplined habits with their time, money, and relationships. These are the three most significant areas in your life, and training yourself to be godly and consistent in these areas will make you spiritually fit. You will be blessed, and God will be honored by your life.

THINK IT OVER >>>

What impacted you most from the message?

"There are three habits you will find in every spiritually fit person: time with God every day, tithe to God every week, time with other believers regularly." Discuss. Agree or disagree?

"The best time to get alone with God is when you are at your best." When is that for you?

"Every time you give, it draws you closer to God." Do you have a personal experience of that training truth?

How would you explain to someone who has not disciplined themselves to tithe the benefits of it in life?

"The only antidote to materialism is giving." Agree or disagree? Discuss.

"God doesn't need your money. He wants to remind you where it came from and that He wants to bless you." Discuss.

LOOK IT OVER <<<

"You need fellowship with a large group and a small group." How does each of these uniquely help you?

"There is no such thing as a Lone Ranger Christian. If I get away from God's people, I grow cold." Have you ever experienced this? Share.

How do you think we are more effective with others than alone?

"Your level of success is equal to your level of commitment, discipline, and perseverance, and the consistency of your habits." Discuss.

"In reading about the lives of great men, I find that the first victory they won was over themselves" (Aristotle). How does this compare to Paul saying, "I run to win, so I discipline myself" (1 Corinthians 9:24-27).

"Inconsistency is defeated by commitment and accountability." How does this apply to my covenant?

NEXT STEPS

This week consider taking some next steps together as a group:

1. Attend DISCOVER class.
2. Evaluate your life to see what areas lack discipline.
3. Make a plan and a commitment to develop discipline.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: The key is to train, not try.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Psalm 5:3

Tuesday: 1 Corinthians 16:2

Wednesday: Luke 4:16

Thursday: James 1:22-25

Friday: Galatians 6:7-8

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)