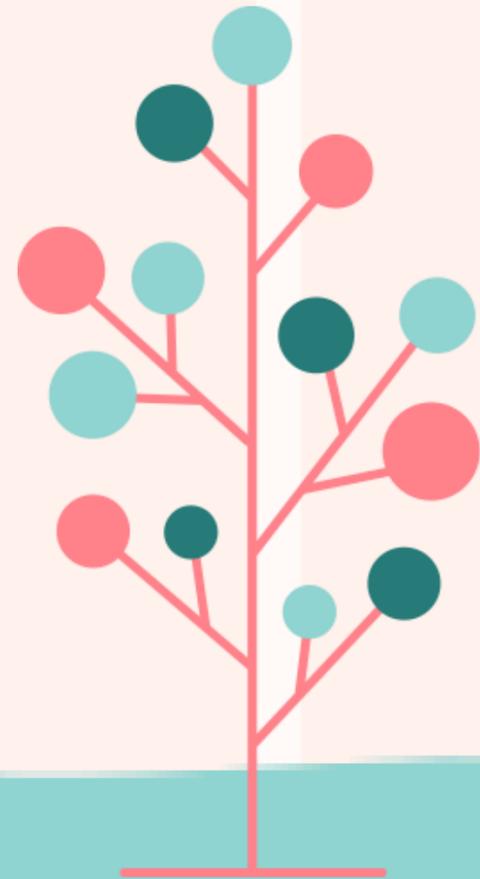
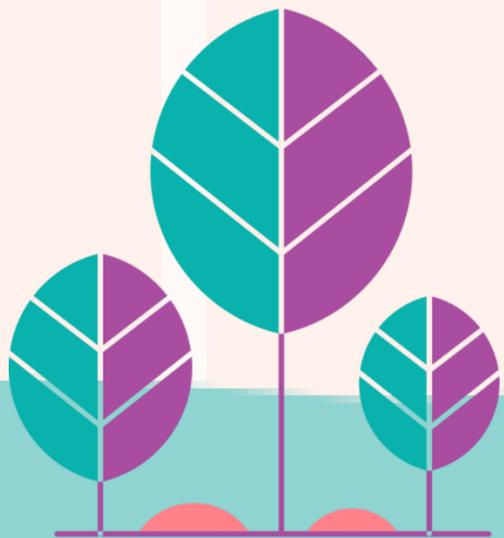


Spiritual Training

Family Discussion





For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.



1 Timothy 4:8

Discuss

- Why do you think Paul compares training for godliness to physical training?
- What are some ways people train physically? How much time or effort does that take?
- What do you think it would look like to “train for godliness” in your own life?
- Why is godliness more valuable than just being physically strong or healthy?
- Create a “Spiritual Training Plan” for the week—include things like praying for someone, reading a short Bible passage, or doing an act of kindness.



Prayer

- Thank the Lord for the spiritual training you have received in your church and in your home.
- Ask God to help you persevere in your personal spiritual training.
- Pray that you will grow spiritually as you have grown physically.
- Pray for friends and family who are struggling with their spiritual growth. Pray that God will give them strength and the wisdom to make good choices.

