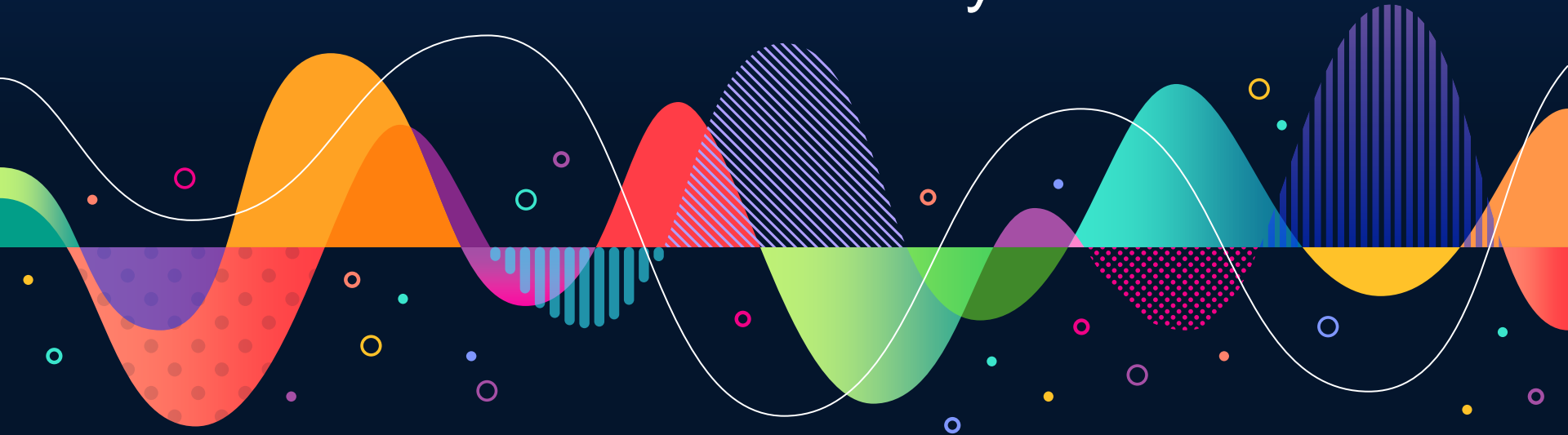
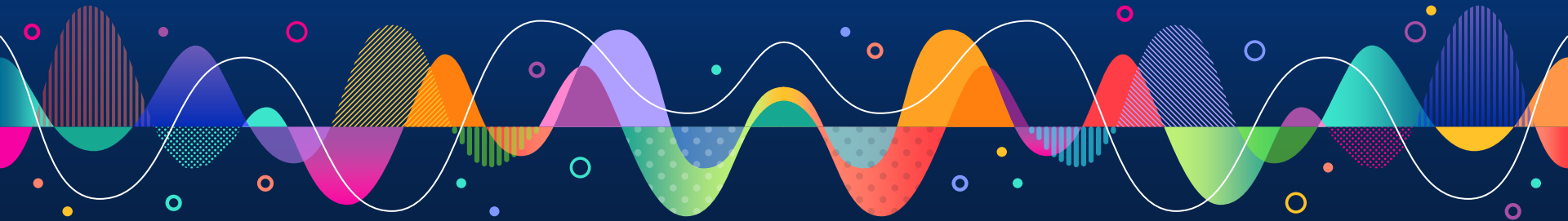


# The Benefits of Spiritual Disciplines

Family Discussion





“ 1 Timothy 4:8-9 (NLT2) “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” This is a trustworthy saying, and everyone should accept it.

# Discuss

- ▶ Consider the comparison of physical and spiritual disciplines. What are some ways you could train for these elements of spiritual fitness?

	Physically	Spiritually
Endurance	Walking, running, cycling	
Strength	Lifting weights	
Flexibility	Stretching	

# Pray Together

- ▶ Ask God to help you *see* areas of your life where you need more spiritual discipline.
- ▶ Pray that He will empower you to put those disciplines into practice.
- ▶ Pray for your church leaders, that they may keep *both* physically and spiritually fit and disciplined.