



## LIFELINE Discussion Guide

Week of January 1, 2024

1. As you look back over your life, was there a person who was a godly influence or a positive model of Christianity who encouraged you? Who was that person? What did they say, teach, or model that was a positive investment in your spiritual life?
2. Read 1 Timothy 4:6-16. What was the relationship between Paul (the writer) and Timothy (the recipient)? What do you know about their stories and their relationship?
3. At the start of every new year, gymnasiums and health clubs are packed with people. How long does it normally take for the “resolutions” to wear off? What does Paul say about physical training and godliness in verse 8?
4. Many people make plans and set goals for their dieting, weight loss, or exercise in a new year. What are some tangible things you can plan for increasing in godliness in 2024? Be specific!

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5. Pastor Jared told a humorous story of what it might be like engage in rock climbing, only to look down and see a 3-year-old Jameson holding the safety rope. According to verses 9-10, where is your solid security and safety for this life of faith? What does it mean that God is “living”?
6. You don’t have to be a pastor, deacon, missionary, or Life Group Leader to be influential in godliness. What are the areas that Paul encouraged Timothy to put his godliness on display in verse 12? Explain each one in your own words. How do these areas still apply to your life today?
7. In verses 15-16, Paul wrote a series of strong “action” verbs for Timothy to live out as a godly man and church leader: “Be diligent in these matters...” “Give yourself wholly to them...” “Watch your life and doctrine closely...” “Persevere in them...” What do these verbs tell us about the path of godliness? Is it accidental? Does it just happen automatically?
8. Professional athletes are known for their muscles, speed, and agility. But even professionals will lose their edge if they don’t exercise and train. What areas of your Christian life need more exercise and training? What gifts or abilities do you need to engage more for the sake of godliness?