

## Sermon Discussion Questions: Spiritual Training

September 22<sup>nd</sup>, 2019

1. What in the sermon encouraged you, comforted you, challenged you, or informed you?
2. David mentioned that though many of us long for a deeper spirituality, we often have a fairly shallow spirituality and struggle to practice the various disciplines that develop a deeper walk with God. Out of the different disciplines of meditation, fasting, prayer, evangelism, serving, giving and remembering the Sabbath, which do you struggle to pursue and what makes this discipline so difficult for you? What would help you begin pursuing growth in these areas?
3. J.I. Packer, in his book *Knowing God* says, “If asked how one may know God, we can at once produce the right formula: that we come to know God through Jesus Christ the Lord, in virtue of His cross and mediation, on the basis of His Word of promise, by the power of the Holy Spirit, via a personal exercise of faith. Yet the gaiety, goodness, and unfetteredness of spirit which are the marks of those who have known God are rare among us—rarer, perhaps, than they are in some other Christian circles where, by comparison, evangelical truth is less clearly and fully known...A little knowledge *of* God, is worth more than a great deal of knowledge *about* Him,” (26). What is the difference between knowledge of God and knowledge about God?
4. Read 1 Timothy 4:7-8. What are some things that go into keeping a regular routine of physical training? How might this translate to us keeping a regular routine of spiritual training? What is the purpose of our training?
5. If we are not careful, we can start to believe that our hope of future salvation is dependent on how faithful and disciplined we are in the present rather than on Jesus’ faithfulness to save us. This is one of the many silly myths we must “have nothing to do with,” (1 Tim. 4:7). What are some other wrong reasons we pursue spiritual training?
6. In 1 Timothy 4:8-10, what does Paul say is our hope as we train and how does the hope of Jesus’ salvation keep us going in discipline?