

Today, we wrap up our FORMED series with 7 reminders about "training in godliness" from 1 Timothy 4. These are things to remember as we continue to integrate these rhythms of grace into our lives.

1. Remember, training for godliness is very much like any _____ training.
2. Remember, training for godliness is valuable both _____ and _____.
3. Remember, training for godliness requires _____ and lots of _____.
4. Remember, training for godliness is _____ and _____.

5. Remember, training for godliness is a _____.

6. Remember, training for godliness is to be _____ and _____.

7. Remember, training for godliness is always a _____ to God's salvation, never the _____ of it.

NEXT STEPS:

This week, pick one of the rhythms of grace we looked at this summer from the list below and make a commitment and plan for how you will practice that rhythm and lean into it in your life over the next year.

scripture sabbath community friendship

fasting singing prayer gospel engagement

silence & solitude gratitude generosity

NEXT WEEK: *New Fall Vision Series | Pursuing Gospel Culture Together*

Growth Groups are the glue that holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the perfect time to jump in at gracecentralcoast.org/groups

CONNECT *(ask these questions to check-in with your group)*

How would you describe your experience of our FORMED series this summer? Was it challenging, overwhelming, underwhelming or ??

DISCUSS *(use some of these questions to process God's Word together)*

1. Read 1 Timothy 4:6-16 together. How did you "come under" God's Word and the message this week? What did you learn? What were your takeaways?
2. In 1 Timothy 4:7, Paul tells Timothy to "have nothing to do with irreverent, silly myths," but instead to train yourself for godliness. What are some of the untrue stories that our world tells us that form us? Think social media, celebrity culture, politics, current trends, etc!

3. In what sorts of ways do you train your body through diet, exercise, sleep, and/or some other bodily movement like playing an instrument? How can this bodily training metaphor help us in thinking about training in godliness? Do you think about training your body and training for godliness in similar ways?
4. Which of the 7 reminders was most helpful for you as we close out the series?
5. NEXT STEP: Which one of the 11 rhythms of grace do you plan to pursue over the next year? Share your plan! Since training in godliness is a group project, make a commitment to one another to ask about your chosen rhythms of grace over the next year.

PRAY *(use these prompts to pray in response to God's Word)*

- Using 1 Timothy 4 as a springboard, pray for one another and your training in godliness. Pray for the practice of your chosen rhythms of grace this next year.
- Share and pray for one another's needs.