

How did your practice of reading Scripture go following the last session? Where did you experience resistance in this practice? In what ways did you encounter God in it? Did anything surprise you?

The Practices are disciplines based on the lifestyle of Jesus that create time and space for us to access the presence and power of the Spirit and, in doing so, be transformed from the inside out. Practices are a means to an end: to live and love like Jesus. We encounter deeper changes in our life indirectly and directly, by practicing godly disciplines that open us up to the Spirit. Practices are not the whole of the spiritual life, they are just one part of it. They are essential for those who desire to be transformed to become more like Jesus and do what Jesus did.

What disciplines, from all walks of life, do you admire the most in this world? (music, artistry, sports, carpentry, dance etc.)

Read 1 Timothy 4:7-10

1. V7 Paul mentions "train yourself to be godly." What does training in godliness look like, and why is it a personal responsibility?
2. Can you list the disciplines/practices Jesus did? What practices have you engaged with in your spiritual journey with Jesus?

3. Compare and contrast 1 Timothy 4:7-10 with 1 Corinthians 9:24-27. How do both passages speak about discipline and training in the Christian life? How do Titus 2:11-14 and 2 Peter 1:5-7 relate to the concept of godliness and spiritual discipline?
4. V8 Paul compares physical training to godliness. What are the differences between physical training and training in godliness?
5. If the practices are the means, what do you understand the goal of the spiritual life to be?
6. What does Paul mean by saying that godliness is valuable "for all things"? How does godliness impact both our present life and our eternal future?
7. Verse 10 mentions the "striving" or "labour" involved in our pursuit of godliness. How do you understand the balance between grace and effort in your Christian life?
8. How can you pursue godliness while balancing responsibilities like work, family, and other commitments?
9. Jesus encouraged us to fast, saying 'and when you fast', how do you understand this practice working in your life? Does fasting always mean, no food? In what way do prayer and fasting relate together?
10. Could fasting become a weekly habit in your life?

A short guide to planning out your next Sabbath

When will you sabbath? (Include your start and end time)
How will you mark the beginning and end of your sabbath time? (A ritual or liturgy or prayerful moment)
What will you do with your devices?
What do you need to do to prepare? (Grocery shopping, emails, errands, work tasks, phone calls, etc.)
How will you include friends and family?
What will you do to fill your heart with joy and peace?
How can you create sabbath for those who have none?

Prayer Points

Pray for the work of the Foodbank in Bexhill and those on staff and the volunteers. Pray for more opportunities to help enable people to be supported and lifted up.

Sermon Notes

If you would like to join a Connect Group, please contact the church office 01424 730001



BIBLE STUDY

September 28th 2025

Practicing the Way: Spiritual Disciplines/Practices

1 Timothy 4:7-10

Following Jesus has been likened to a long journey. When Jesus invited his first disciples to “follow” him on the “way,” he was simultaneously saying that discipleship to him is a lifelong path of learning. This series is designed to help you become more familiar with the journey of spiritual formation, help you get unstuck if you’ve stalled, or just guide you into being more confident to help others in their journey. Ultimately, its goal is to train you to live as an apprentice or disciple of Jesus: to be with Jesus, become like him, and do as he did.