

Questions for Consideration—Lesson 11—1 Timothy 4:6-11— Five Things You Must do to Get in Shape!

1. Read 1 Timothy 4:6-11 and as you do write down at least five observations (things you see) to share with your group. (An observation would be a comment, a thought or a reflection you might have as you observe what is written. This is a good exercise for Bible study! 9)

2. Memorize 1 Timothy 4:8.

3. (a) Why is it imperative that we nourish ourselves with God's Word and sound doctrine according to Psalm 19:7-11; John 7:16,17; 1 Timothy 4:16; 1 Peter 2:2 and 2 John 9? (b) What happens if we choose not to feed ourselves sound doctrine according to 1 Timothy 6:3-5 and 2 Timothy 4:3, 4?

4. (a) Paul describes the Christian life as laborious and suffering reproach. According to 1 Corinthians 4:9-13; 2 Corinthians 4:7-12; 2 Corinthians 6:3-10 and 2 Corinthians 11:22-33, what were some of the difficulties Paul encountered as a believer? (b) Using the same passages mentioned in part a along with 2 Corinthians 12:1-10, what joys and blessings did Paul enjoy during these tumultuous times? (c) How do these passages encourage you to press on amidst suffering for the cross of Christ?

5. (a) What changes do believers need to make in order to labor and suffer reproach joyfully for the sake of the gospel? (b) Why do you think we shrink from these things? (c) What changes do you need to make?

6. (a) How much time do you spend on physical exercise each day in comparison to how much time you spend disciplining your spiritual body? (For example reading God's Word, meditation, scripture memorization, prayer, meeting with God's people for fellowship and discipleship, public and private worship, etc.) (b) After reading 1 Timothy 4:8 are there any changes you need to make?

7. Looking over questions number 3 and 6 prayerfully, what changes do you need to make in order to be feeding more on God's word and less on the junk of the world? What changes will you make? Please put your need in the form of a prayer request.