



# DISCUSSION GUIDE

## Using the right measurement for spiritual growth

### GETTING STARTED

What training is necessary for a person in your workplace, a past workplace, school, or sport?, Why is training necessary?

### QUICK REACTIONS FROM THE MESSAGE

How would you summarize/paraphrase the message in your own words?

What point/idea resonated most with you? Why?

What did the Pharisees get “wrong” about God and living a spiritually devout life? (Read Mark 2:27 again for an example).

How can we mistake God’s good “tools” for growing in Him and begin to make them into rules that do not bring spiritual vitality and growth?

How does God’s word transform us according to Hebrews 4:12?

In what way have you tried to grow or change something just by trying harder? In what way can you start training better as the apostle Paul tells us in 1 Corinthians 9?

What does it mean that God is interested in ALL of your life, not just some sense of your spiritual life? How would that change how you train yourself for godliness this year? (1 Timothy 4:7-8)

### EXPLORE THE PASSAGE [1 Corinthians 9:24-27]

(Yes, these questions can seem silly, however, good discussion and interpretation of the Bible begins with having a proper understanding of the basic facts; who, what, when, and where in the text.) Work through this quickly, the answers are fairly obvious.

Why is it necessary to live with purpose and discipline? (9:25-27)

Why did Paul lead a disciplined life? (9:27)

What was Paul most fearful of?

### QUESTIONS THAT HELP US UNDERSTAND THE SIGNIFICANCE OF THE TEXT

In what way is Paul’s metaphor of athletes training for a sporting even inform us how we are to grow?

What kinds of “disciplines or training” could be useful for you this new year in helping you grow as a follower of Jesus?

Share with each other different spiritual practices that have been helpful to you growing as a Christian?

What could disqualify someone in the race of faith? What is Paul’s goal?

### APPLY THE PASSAGE

What do we learn about God and about ourselves in these passages?

What do you need to stop, start or do differently as a result of reading this passage?

How can we pray for each other?