

SPRING TRAINING

The "Why" That Drives Us
1 Timothy 4:6-10

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God has called us to lives of deep, intimate interaction with Him. During our journey, we will be tempted to give up, stop, not finish, or pull away because of inevitable difficulties that come our way. We must remind ourselves that our pursuit of godliness through spiritual disciplines is the greatest form of training we can do.

1 Timothy 4:6-10

1. Spiritual disciplines have been _____ for us throughout Scripture (4:6).
2. Spiritual disciplines keep us _____ in truth (4:7a).
3. Spiritual disciplines keep us _____ in the pursuit of godliness (4:7b).
4. Spiritual disciplines hold _____ for the believer than any other training (4:8-9).
5. Spiritual disciplines are _____ by the _____ and _____ provided for us by the living God (4:10).

Final Thoughts – Reasons we often struggle to participate in spiritual disciplines:

- We view it as _____.
- We don't know _____.
- We don't think we can _____ it.