



## Community Groups

Have you ever been driving down the road and run out of gas? It usually happens at night, on a dark deserted road when you're all alone! We never expect to run out of gas, it always sneaks up on us. This is because when we know we are running low on fuel we don't have to be convinced of the importance of filling our tank. Our focus turns to getting ourselves to the nearest gas station as quickly as possible, even if we have to double back. Why do we often forget to fill our spiritual gas tank? Why do we often find ourselves on empty? It's usually because we rarely check our fuel gauge, and we often need to be reminded of the importance of filling our tank. In our new series "Running on Empty" we will explore several key spiritual disciplines and how we can keep the tank full.

Open

January 6, 2019

Read

1 Timothy 4:1-10 (Focus on verse 8)

Discuss

1. Paul tells us in 1 Timothy 4:8 that "bodily training is of some value, but godliness is of value in every way." What do you think of when you think about "Training" in godliness?
2. What do you find drains your spiritual gas tank?
3. When our spiritual gas tank runs out, we often don't see it coming. What are some signs in your life that you are beginning to run dry?
4. What would you need to change in your life to make "Training in godliness" a priority?
5. What would our church look like if we were stubbornly committed to "Training ourselves for godliness?"

Memorize/Meditate

1 Timothy 4:7-8  
*"Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."*

## Community Groups

Have you ever been driving down the road and run out of gas? It usually happens at night, on a dark deserted road when you're all alone! We never expect to run out of gas, it always sneaks up on us. This is because when we know we are running low on fuel we don't have to be convinced of the importance of filling our tank. Our focus turns to getting ourselves to the nearest gas station as quickly as possible, even if we have to double back. Why do we often forget to fill our spiritual gas tank? Why do we often find ourselves on empty? It's usually because we rarely check our fuel gauge, and we often need to be reminded of the importance of filling our tank. In our new series "Running on Empty" we will explore several key spiritual disciplines and how we can keep the tank full.

Open

January 6, 2019

Read

1 Timothy 4:1-10 (Focus on verse 8)

Discuss

1. Paul tells us in 1 Timothy 4:8 that "bodily training is of some value, but godliness is of value in every way." What do you think of when you think about "Training" in godliness?
2. What do you find drains your spiritual gas tank?
3. When our spiritual gas tank runs out, we often don't see it coming. What are some signs in your life that you are beginning to run dry?
4. What would you need to change in your life to make "Training in godliness" a priority?
5. What would our church look like if we were stubbornly committed to "Training ourselves for godliness?"

Memorize/Meditate

1 Timothy 4:7-8  
*"Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."*