

NO MATTER WHERE YOU ARE ON THE JOURNEY
TAKE THE NEXT STEP



Part 2: Step Up

January 10, 2016

Scripture: 1 Corinthians 9:24–27; 1 Timothy 4:7b–8

God's goal for you is _____ - to become like _____.

Sanctification is both a _____ and a _____.

The Tools: Spiritual Disciplines

A *Discipline* is anything I can do _____ that will help me be able do what I want to do now, but _____.

A *Spiritual Discipline* is anything I can do that helps me take the next step in my journey to become like _____

What Spiritual Disciplines are Not:

1. Spiritual Disciplines are not necessarily _____
2. Spiritual Disciplines are not necessarily a _____ of _____
3. Spiritual Disciplines are not a way to _____ with God.

The Ultimate Goal: to be like _____.

The Immediate Goal: to take the _____ step in the process.

Talk It Over

1. What's one idea from the message that really stood out to you? Why did this idea grab your attention?
2. What's the difference between 'training' and 'trying'? What are some things that can't be done simply by trying hard?
3. If someone asked you, "How is your spiritual life?", how would you measure that or determine how to answer? What might be a more healthy or biblical measure?
4. The Bible indicates that God's goal for each of us is that we become more and more like Jesus. Is this a goal you have set for yourself?
5. What is 'spiritual transformation'? How does it happen?
(See 2 Corinthians 3:18 & Romans 12:1-2)
6. Beyond Bible study and prayer, what are some other activities that could help you take your next steps toward becoming like Jesus? See how many things you (and your group) can come up with.
7. Chuck said that spiritual disciplines were 'tools, not rules'. What does that mean? What is the danger of misunderstanding this?
8. Read I Corinthians 9:24-27. How is the Christian life like an athletic contest? How is the training for each the same? How is it different? In what areas do you need to discipline yourself in order to 'win' at the Christian life?