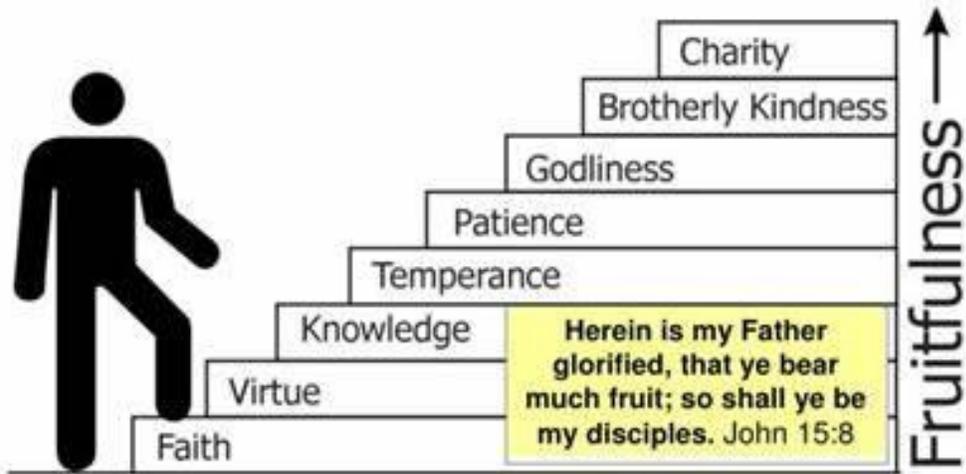


God's Call to Spiritual Growth

The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. Psalm 37:23,24



MARCH BIBLE STUDY SERIES

SOLID STEPS OF CHRISTIAN GROWTH

Lesson Ten:
Add To Your Faith Godliness
(How To Train In The Sport Of Godliness)
Part II

Scripture Lesson:
II Peter 1:5-7

II Peter 1:5-7 NKJV, But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance GODLINESS, to godliness brotherly kindness, and to brotherly kindness love.

“Armor before iron. If we haven’t opened our bibles or hit our knees, then lifting waits.”

Scripture Lesson: 1 Timothy 4:6-10 (Christian Standard Bible),
If you point these things out to the brothers and sisters,
you will be a good minister of Christ Jesus, nourished on
the truths of the faith and of the good teaching that you
have followed. ⁷Have nothing to do with godless myths and
old wives' tales; rather, train yourself to be godly. ⁸For
physical training is of some value, but godliness has value
for all things, holding promise for both the present life and
the life to come. ⁹This is a trustworthy saying that deserves
full acceptance. ¹⁰That is why we labor and strive, because
we have put our hope in the living God, who is the Savior of
all people, and especially of those who believe.

How To Train In The Sport Of Godliness

And most certainly, the mystery of godliness is great: He was manifested in the flesh, vindicated in the Spirit, seen by angels, preached among the nations, believed on in the world, taken up in glory. (1 Timothy 3:16, CSB)

**Jesus is the Essence and
Wellspring of Godliness.**

**“Holding to the form of
godliness but denying its
power. Avoid these people.” (II
Timothy 3:5, CSB)**

“His divine power has given us everything required for life and godliness through the knowledge of Him who called us by His own glory and goodness.” (II Peter 1:3, CSB)

**A Christian therefore, will be
godly when one follows Jesus.**

**Healthy habits of faith can
keep us running when
everything in life is telling us
to quit.**

Five Practices To Train In Godliness:

1. INGESTION

(What goes inside of you).
I Timothy 4:6-7

I Timothy 4:6-7, If you point these things out to the brothers and sisters, you will be a good servant of Christ Jesus, nourished by the words of the faith and the good teaching that you have followed. But have nothing to do with pointless and silly myths...

1 Corinthians 3:2, I gave you milk to drink, not solid food, since you were not yet ready for it. In fact, you are still not ready.

Hebrews 5:12-14, Although by this time you ought to be teachers, you need someone to teach you the basic principles of God's revelation again. You need milk, not solid food. Now everyone who lives on milk is inexperienced with the message about righteousness, because he is an infant. But solid food is for the mature—for those whose senses have been trained to distinguish between good and evil.

John 4:32, But He said, “I have food to eat that you do not know about.”

II Timothy 4:3, for the time will come when people will not tolerate sound doctrine, but according to their own desires, will multiply teachers for themselves because they have an itch to hear what they want to hear.

**“True results cannot happen
without proper nutrition!”**

2. PERSPIRATION

(The manner of your training).
I Timothy 4:7

The word to “train” comes from the word “gymnazo”, where we get our modern word gymnasium.

But solid food is for the mature—for those whose senses have been trained to distinguish between good and evil.” (Hebrews 5:14)

No discipline seems enjoyable at the time, but painful. Later, however, it yields the peaceful fruit of righteousness to those who have been trained by it.” (Hebrews 12:11)

They have eyes full of adultery that never stop looking for sin. They seduce unstable people and have hearts trained in greed. Children under a curse!” (II Peter 2:14)

Therefore, my dear friends, just as you have always obeyed, so now, not only in my presence but even more in my absence, work out your own salvation with fear and trembling. (Philippians 2:12)

I must perspire to aspire.

3. REPETITION

(The measure of your training, or how often you train).

1 Timothy 4:8

For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and for the life to come.

(1 Timothy 4:8)

**Godliness is not
passive but active.**

4. PREPARATION

The meaning of the training for the Christian, or why the Christian trains.

(1 Timothy 4:9)

5. EXPECTATION

**The motivation behind the training.
(1 Timothy 4:10)**

**Three Ways In Which We Are
To Exercise Ourselves
Privately:**

**1. By Entering The Secret Place
Of Prayer.**

Mark 1:35, And rising very early in the morning, while it was still dark, He departed and went out to a desolate place, and there He prayed.

Matthew 6:6, “but whenever you pray, enter into your inner room and shut your door and pray to your Father who is in secret, and your Father who sees in secret will reward you.”

Psalm 4:4, Meditate within your heart on your bed and be still.

Luke 10:39, She had a sister called Mary, who sat at the LORD's feet listening to what He said.

**Prayer is a back and forth,
continual conversation with God
that comes out of a relationship
of intimacy.**

2. By The Devotional Reading Of God's Word.

Psalm 85:8, I will hear what God the Lord will speak, For He will speak peace to His people and to His saints; But let them not turn back to folly.

Psalm 119:18, Open my eyes, that I may see Wondrous things from Your law.

3. By Practicing The Presence Of God.

**John 15:4, Abide in Me, and I in you.
As the branch cannot bear fruit of
itself, unless it abides in the vine,
neither can you, unless you abide in
Me.**

Intentional Integration

“Practicing God’s presence is not about emphasizing the spiritual over the material or the sacred over the secular. Instead, it is about integrating the two realms and living as amphibious beings living in both eternity and time.”

Ways In Which We Are To Exercise Ourselves Corporately:

- **By Attending Public Worship (Hebrews 10:25).**
- **By Partnering Up (Ecclesiastes 4:9).**
- **By Engaging In Specific Service (Ephesians 2:8-10).**

**To Exercise Ourselves Regularly And
Sufficiently Three Things Are
Necessary:**

- A Holy Resolve**
- A Willing Sacrifice**
- A Continual Discipline**

**“One of the best gifts we can
give ourselves is time alone
with God.”**

Bible Study Follow up Chat:

- 1. What are some examples of good spiritual nutrition?**
- 2. What kills spiritual fitness?**
- 3. How do you train yourself for godliness?**
- 4. How is your devotional life? What does it consist of? Is it enough to help you get spiritually fit and keep you fit?**

5. What am I disciplining myself to do that is hard for me to do?

6. In what ways do we excuse ourselves from the difficult tasks of training in godliness?

7. Does the way we spend our time promote godliness - spending time with God and His Word each day?

8. We all have a schedule - question is does that schedule train us to be godly?