

# Spiritual Training

Pr. Israel - May. 11th

## 1 Timothy 4:7-8

In life we need to train for physical strength and health, the same happens in spiritual life. The word "train" is *gymnaze*. It means to discipline oneself, to engage in rigorous exercise. An athlete trains with intentionality for a race, doing what is important in order to win. Usually, we do the urgent not the important, but the Christian life demands dedication, perseverance, and intentionality—just like the life of an athlete.

### 1. Rejecting myths and embracing truth [v.7]

Nowadays, there are so much information about everything. But we need to be led by what the scripture says, not through what the world is given to us. The scripture is the only truth and the truth nourishes our soul, so if it does not come from the Bible it won't give any nourishment.

We must be rooted in the scripture and resist being taken by emotion, being led by what's good to hear.

### Colossians 2:8

Godliness in Greek is *eusebeia*, it means reverence, devotion, and a life centered on honoring God.

### 1 Timothy 6:11

We need to train to be devoted to God, train to godliness. Godliness is an ongoing attitude of reverence, obedience, and trust in God.

**John Calvin once said:**  
*"A sincere feeling which loves God as father, and reveres him as Lord, fearing to offend Him more than we fear death."*

### Titus 2:11

Godliness devotion it's not about performance, it's a posture of the soul bowed in awe and love before the holy God.

### 2. The value of godliness [v. 8]

Physical training has temporary benefits. When we invest in our spiritual life we are building something that lasts forever.

### 2 Peter 1:3

We have everything we need to live a godliness life; the Holy Spirit provides it all. We need to invest in eternal growth not in temporary gains.

### 3. Practices of spiritual training

There are 4 important things for this practice.

- *Prayer*

It's communion and intimacy with God. It has

to be constant and intentional, it needs to be the first response not the last resource.

## Luke 5:16

### Philippians 4:6-7

- *Study of the word*

Without it we lack the foundation, discernment, and growth. The word of God exposes our innermost thoughts and desires. The Bible is a book of transformation; we cannot underestimate its importance.

### Hebrews 4:12

### 2 Timothy 3:16-17

- *Fellowship with other believers*

It strengthens and matures our faith. We get more encouraged when we are training with somebody else.

### Acts 2:42-47

### Hebrews 10:24-25

- *Practice of piety in daily life*

Our daily actions must reflect God's holiness and compassion. We need to act gently when people are seeing us and when they aren't, because the Lord can always see us. Godliness is not just how you worship, but is how you walk.

### James 1:22

### 4. The results and challenges of spiritual training

God trains us not to be better versions of our old selves, but to be reflections of His son. Training is not easy, it hurts and we sweat, but the results are evident.

### Matthew 7:24-25

### James 1:2-4

### Matthew 5:14-16

We need to be the light of the world; our lives must show to everyone that we train our spirits. Our godliness lifestyle must impact people around us, we need to seek God's truth and live it.

### Start Talking: Spark Conversation

- Have you ever compared physical training with spiritual training?
- Do you think is hard to have a strong body? What about a strong spiritual life?
- What is the hardest thing for you on training?

### Start Thinking: Deepen the Thought

- Have you ever realized that God wants a sincere heart and not performance?
- How does understanding about godliness

change your perspective about your relationship with God?

### **Start Sharing: Open Hearts, Share Stories**

- Can you remember a moment you “trained” because someone encouraged you?
- Have you ever believed in something that was not truth? What have you done about it?

### **Start Doing: Commit to Act**

- Which areas of your life need transformation?
- What teaching or beliefs are you holding on that are not based on the Bible?

### **Praying.**

Heavenly Father,  
Thank You for given us everything we need to live a godliness life. Help us to practice what you have taught us, so we can grow strong spiritually. Teach us to be constant and intentional in our lives. We want to honor you, seek you, and we want to build eternal things. Please show us your truth through you word and help us to keep it in our hearts and minds so we won't believe in lies. Just like a strong body does not come in one day, remember us to keep focus on “training” so we can be strong in You.  
In Jesus' name, Amen.

### **Announcements:**

Be part of our team - become a volunteer  
Online prayer meeting - 7am on Fridays  
HOP every Friday 7pm at Formation Center  
The Way Camp – Pre Launch