

Leadership Group Guide /

for the Leadership Podcast
with Bishop Manny Carlos

Spiritual Disciplines

WORD

(20 MINUTES)

7. . . train yourself for godliness; ⁸for 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. **1 TIMOTHY 4:7,8**

In the earlier part of his letter, Paul encouraged Timothy to train in the *words of the faith* and in *good doctrine* so he would be a *good servant* of Christ. The spiritual disciplines demand training. To illustrate this, Paul makes a comparison between bodily training and training in spiritual disciplines. No matter what kind of bodily training it is—sports, martial arts, dancing—there is only noticeable change and improvement when the training is done consistently and continuously over time. Only then do the effects of strength-building, muscle-memory, and flexibility show themselves.

In the same way, the effects of spiritual disciplines show themselves over time, as they are done consistently and continuously. The result, as Paul says, is *godliness*, and the rewards go beyond this life, unlike those of bodily training. The spiritual disciplines benefit the soul for all eternity. In fact, Paul says that we *toil and strive* for godliness because our *hope is set on the living God, the Savior of all people*. Training in the spiritual disciplines results in greater understanding, trust, and confidence in the Word. The natural response is greater obedience, and growth in godliness that stretches for all eternity.

DISCUSSION

(50 MINUTES)

1. Which spiritual discipline do you want to develop in the coming weeks, and what will you do to develop it?
2. How will you impart the importance of reading and meditating on the Word to your Victory group?
3. Think about one person in your Victory group and a spiritual discipline you would like him or her to develop more. How can you help that person develop it?

PRAYER

(20 MINUTES)

1. Pray for greater depth and intimacy in your relationship with God, and that you will be deeply rooted in His Word.
2. Pray that those you are leading and walking with become known for their foundation in the Word such that there is constant overflow.
3. Pray that the members of your local congregation will deepen in their desire for a relationship with God, and in practicing the spiritual disciplines.



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This guide is designed to be used in leadership groups, for Victory group leaders to grow in discipleship and leadership development. The goal of these ninety-minute leadership group meetings is a discussion of the Word and its practical application as leaders.