

**Spiritual Exercise**

**1 Timothy 4:7-8**

What does it mean to exercise ourselves unto godliness? How do we put this into practice?

What is Timothy told to avoid in this context and how does this relate?

What two things should motivate us to pursue godliness more than our physical health?

**1 Corinthians 9:24-27**

Are we competing against each other for heaven? What aspects of athletic competition DOES Paul apply to our spiritual race? How do we run in such a way as to win the prize?

Should our motivation and dedication be greater or lesser than that of an earthly competitor? Why?

How can we ensure that we are not “running without aim” in our spiritual lives? What are some practical ways we can maintain purpose and direction in our spiritual growth?

## **The Race We Run**

Paul often uses the metaphor of a race to describe our work for the Lord:

### **Galatians 2:2; 5:7; Philippians 2:16**

What do these passages teach us about what it means to run well in our spiritual race? What are some reasons we could end up running in vain or be hindered in our race?

### **Hebrews 12:1-2**

What should help encourage and motivate us in our spiritual race? What must we avoid in order to run well? Where must we keep our focus?

### **2 Timothy 4:7-8**

What does Paul mean by saying he has “finished the course”? Should crossing the finish line be a joyful or sorrowful experience? Why?