

**The following questions correspond the Relationships sermon from Sunday, November 24. To catch up on the entire Q Series visit [grace360.org/q-series](http://grace360.org/q-series).**

1. The church exists to glorify God by guiding people to become like Christ in all of life. Today, we talked about how physical training can be like spiritual training. Paul is coaching Timothy and helping him see that he needs other people. How do you train physically, and how this is like spiritual training?
2. As a group, read 1 Timothy 4:6-10. How are we to be nourished and trained according to this passage?
3. Diet (nourishment or Scripture) and exercise (training yourself to apply those Truths from Scripture) are hard things to do alone. However, having a training partner can make all the difference. Who is your workout buddy or could your buddy be? How do you or could you train with them, and how could you have fun training with them?
4. Reread 1 Timothy 4:6-10. In verse 10, what does the text say our training will involve?
5. We will toil and struggle, just as how athletes seem to exert what their last ounce of energy to win a race. Paul says we must train this way to become like Christ in all of life. This is not easy. Where do you know what to do but aren't doing? How could a training buddy help you?
6. What do you need to do to get into shape? It's going to be difficult, but you will love what God has for you as you continue to be more like Christ in all of life. If you embrace God's gift of accountable living, you will have greater integrity. You will have more humility, more self-awareness and stronger character. You will likely even have fewer regrets. You will become a better friend, a better worker, a better family member and a better human being. What can you do this week to FIND that training partner or to BE that better training partner?

*Dr Cassidy's "Q" sermon series will run through the month of November. If you are looking for additional Life Group study material, please email [krisl@grace360.org](mailto:krisl@grace360.org).*