



Sermon Discussion Guide

January 18, 2026

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: Stop trying. Start training.

Life Sharing: (answer one)

1. If you haven't reviewed the Small Group Covenant/Agreement with your group this month, do that first.
2. What is a new food you tried this past year?

Transition / Open in prayer

3. Have you ever trained for something: a race, a test, a musical or concert, etc.? What was the process like and why did you do it?

Life Examination:

READ 1 Corinthians 9:19-27

4. Why does Paul become like other people?
5. How is the life of a Christian like a race?
6. What is the prize Paul is encouraging us to win?
7. How is training for a race similar to and different from spiritual training for someone who wants to follow Jesus?

READ 1 Timothy 4:1-10

8. How would Paul distinguish between behaviors motivated by "deceiving spirits" versus "true faith"?
9. How does a person train for godliness?
10. What is the promise of a Godly life?

Life Application:

11. What is one way to avoid "aimless" spirituality and religion in our lives today?
12. What are some spiritual training exercises that you have used in your life to become more like Jesus?
13. If someone asked you which spiritual practices they should use, how would you help them decide which ones to engage in?
14. What are some ways to get motivated when we become spiritually lazy?

Life Prayers: Pray for one another and ask the Spirit of God to guide the group toward new spiritual territory in 2026, through intentional spiritual practices.