

# GROUPS DISCUSSION GUIDE

*Get Into The Word*



Week of Sunday August 17, 2025

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**Living out our God-given calling as  
we follow Jesus and make  
disciples every day.**

## **Introduction**

Growing in spiritual maturity is essential for every believer who wants to defend the faith, answer skeptics, and lead others to Christ. In 1 Timothy 4:6-10, Paul emphasizes the importance of sound teaching and godly training. Reflecting on this passage, consider how well your own life exemplifies a commitment to biblical truth and regular spiritual discipline. Are there areas where you need to be more intentional in your personal growth? Let's explore practical steps to cultivate a God-centered, maturing faith in everyday life.

## **Disciple Measure**

**Spirit-Led Follower:** How does training in the Word of God (the Bible) help us grow as a Spirit-led follower?



# Application Questions

Notes:

## APPLY

Discuss the following questions...

- 1. What are the impacts on you and those around you when you do not have a strong biblical foundation?
- 2. How have you seen the impact of sound teaching in your own spiritual journey? Share an example of how biblical truth has shaped your understanding or actions.
- 3. Did anything stand out to you or surprise you about the statistics from the [Power of 4](#) study mentioned in the sermon?
- 4. What are some practical steps you can take this week to grow in godliness?

## RESPOND

Force for Good: For those who are parents, how can you intentionally disciple your children? For those who aren't, how can you support and encourage families in your church community? Below are [resources](#) for families and friends to help disciple their families and the next generation.



## Prayer:

Close by praying for each other's spiritual growth, asking God for wisdom and discipline to pursue godliness, and for the strength to apply the Word of God in your daily lives.

# Questions for Families

*Here are some questions you can discuss with the whole family.*

## **1 Timothy 4:6-10**

**What do you think God wants us to learn from this passage about how to live a good life?**

*Guide your child to understand how the passage encourages living a life that pleases God. For younger children, focus on simple actions like being kind and truthful. For older children, discuss the deeper concept of growing in faith and following biblical teachings.*

**How can we tell the difference between good and bad ideas, according to this passage?**

*Help younger children identify "bad ideas" as things that don't help us know God better, like lies. Older children can discuss discernment and critical thinking, emphasizing focusing on truth and sound teaching from the Bible rather than distractions.*

**What are some ways we can become stronger in our faith, like we might exercise to get stronger muscles?**

*Encourage young children to think about simple practices like praying or attending church. For older children, discuss regular engagement with the Bible and spiritual disciplines such as prayer, worship, and discipleship, as ways to "train" in godliness and deepen their relationship with God.*

## NT 260

### **WEEK: 34**

- 1 Timothy 6
- 2 Timothy 1
- 2 Timothy 2
- 2 Timothy 3
- 2 Timothy 4

**MEMORY VERSE:** Matthew 6:25-26

# Resources

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## Resources to Listen to

### Long Hollow - Everyday Parent Podcast



[The Everyday Parent Podcast](#) helps answer questions and equip you to be a parent who disciplines you children.

## Resources to Watch

### Bible Project Guide - The Book of 1 Timothy



See a collection of videos and articles to guide you through the book of [1 Timothy](#).  
(20 min)

### The Power of 4 Study (Reading Resource)



Check out more information and statistics from the [Power of 4](#) study.

## Life Group Resources

We have a variety of resources and are continually adding new ones. Some of our resources include group launch guides, on-demand training modules, and curriculum resources. To request a resource, reach out to us at [groups@longhollow.com](mailto:groups@longhollow.com).

## D-Group Resources

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



[longhollow.com/lifegroups](https://longhollow.com/lifegroups)



[longhollow.com/dgroups](https://longhollow.com/dgroups)

# Commentary

Notes:

## What’s Going On?

In 1 Timothy, Paul is writing to his young friend and protege, Timothy, who is leading a church in Ephesus. This letter is part of what we call the "Pastoral Epistles," which also includes 2 Timothy and Titus. These letters focus on guidance for church leaders. In 1 Timothy 4:6-10, Paul is giving Timothy practical advice on how to be a good leader and servant of Christ by staying true to sound teaching. He tells Timothy to train himself in godliness, much like an athlete trains the body. Paul compares physical training, which has its benefits, to spiritual training, which is valuable for everything in life, now and in the future.

In the passage, there is a strong focus on rejecting “pointless and silly myths.” This indicates that there were false teachings circulating among the believers in Ephesus, as mentioned earlier in 1 Timothy. Paul is emphasizing the need for truth and godliness over these myths, which only distract from true faith. The advice consists of two key parts that the sermon highlights: sound teaching and godly training. Both are essential for spiritual maturity and in helping the church stay focused on what's true and beneficial for their lives.

Biblical Timeline





Notes:

## A Bit of Background

Paul and Timothy shared a close relationship. Paul often referred to Timothy as his “true son in the faith,” and he saw potential in him as a leader. The letter was written at a time when new churches were being established, and leaders were needed to maintain sound doctrine and guide the new believers. Ephesus, where Timothy was working, was a large and bustling city in the Roman Empire. It was known for its diverse culture and religious beliefs, including the worship of many gods.

This environment presented challenges for early Christians. They faced pressure to conform to the world around them and were often exposed to false teachings. Paul’s letter aimed to equip Timothy with the tools he needed to combat these challenges and to remain firm in the Christian faith. By encouraging Timothy to focus on sound teaching and godly living, Paul was helping to strengthen the foundation of the church in Ephesus, ensuring it would grow strong and stay true to the gospel message. This historical context shows why it was so important for leaders like Timothy to be well-grounded in their faith and teaching, as they played a crucial role in the early church’s development and resilience.

Hebrews Approx. Written  
Early 60s AD

Today’s highlighted  
passage and other  
related passages

Birth of  
Christ

Crucifixion  
and Resurrection

Book of  
Revelation

# Sermon Notes

## 1 Timothy 4:6-10 CSB

If you point these things out to the brothers and sisters, you will be a good servant of Christ Jesus, nourished by the words of the faith and the good teaching that you have followed. But have nothing to do with pointless and silly myths. Rather, train yourself in godliness. For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come. This saying is trustworthy and deserves full acceptance. For this reason we labor and strive, because we have put our hope in the living God, who is the Savior of all people, especially of those who believe.

(Get digital notes on your mobile device at [notes.longhollow.com](https://notes.longhollow.com))

## Living out our God-given calling as we follow Jesus and make disciples every day.

### *Spirit-Led Follower*

A disciple who walks with Jesus daily, anchoring their lives to God's Word and obediently following the Holy Spirit where He leads.

### *Intentional Friend*

A disciple who is always looking for ways to care for others and meet their needs. This is a practical way to be present in the lives of those around us.

### *Humble Guide*

A disciple who is a humble guide takes every opportunity to help people take their next step closer to Jesus. This is someone who is constantly looking for opportunities to have Gospel conversations and speak truth into someone's life.

### *Force For Good*

When a disciple lives out their God-given calling, they naturally become a force for good where they live, work, and play. This type of person is looking for opportunities to meet needs, heal brokenness, and bring tangible hope to the people in their life and in their community.



**LONG HOLLOW**  
CHURCH