

Simple Bible Study • Training Plan

February 2022 · Discussion Questions

This study is meant to be Quick Easy and Engaging. Feel free to use all or any of these discussion questions to promote a good study with your group.

- 1. Tell about a time you trained, practiced, or prepared for something (sports, academics, fine arts, hobbies, etc). Whether you made your goal or not, what made it easier or harder for you to work toward your goal?**
- 2. Read 1 Timothy 4: 7-8 and 1 Corinthians 9:24-26. What does Paul say about the importance of physical training versus spiritual training?**
- 3. Corrie Ten Boom was sent to a concentration camp after helping Jews escape the Nazis during World War II. She survived and spent the rest of her life in ministry. One of her most famous quotes says: “When a Christian shuns fellowship with other Christians, the devil smiles. When he stops studying the Bible, the devil laughs. When he stops praying, the devil shouts for joy.”**
 - What does this quote say about what should be included in a spiritual training plan? Why is each part important? What other things do you think should be included? (Look at Psalm 119:11-12, Acts 2: 42-47, Phil 4:6)
- 4. Even though Jennifer prepared for her race, it was still hard. There were challenges she had to overcome to reach her goal. What are some of the challenges you face or struggle with, in your faith life?**
- 5. What helped Jennifer overcome her obstacles to finishing the race? What does the Bible say about facing the obstacles we face in our spiritual walk? (Look at Isaiah 43:1-2, 2 Cor 12:9, and Heb 10:23-25).**
- 6. For Jennifer, success was not about winning her race. Success was about working toward a difficult goal and finishing the race. For a Christian working to grow in faith, what would success include? (Look at Luke 10:27, Col 1:9-10 and 2 Peter 1:5-8)**

Final Thought:

Life as a Christian in a world that does not call Jesus Savior is filled with spiritual highs and spiritual lows. As you continue to grow in your faith, know that Jesus has paid the full price for your sins. There is nothing you can do - no way you can perform - that will make God love you any more or any less than He does right now. God calls you by name and rejoices over you and has given the Holy Spirit to help you in your journey of faith.

Spend some time together in prayer. Ask God to help overcome any challenges you face, and ask God to help you encourage others as you grow together in faith.

Questions by Jennifer Tanner