



MEN'S STUDY

1 TIMOTHY 4:15

Practice these things, devote yourself to them, so that all may see your progress. Keep a close watch on yourself and on the teaching...

September 23, 2026

PRAYER OF FORMATION

I am no longer my own, but yours.

**Point me to what you will,
rank me with whom you want.**

**Put me to action,
put me to suffering.**

**Let me be employed for you,
or laid aside for you.**

**Exalted for you,
or brought low for you.**

Let me be full, let me be empty.

**Let me have all things,
let me have nothing.**

I yield myself to your desires.

I seek your glory.

Father, Son, and Holy Spirit –

I am yours and you are mine.

**Be the center of my life and the
ground of all my hopes.**



Discussion Questions

- How would you define maturity? Where in your life do you think you exhibit it the most?
- When you think of a mature person, who comes to mind? Tell the group about them. What makes them mature?
- How are kindness and maturity connected? How can you show kindness to others?
- Christianity calls us to be mature (1 Cor. 14:20, Col. 1:28, Heb. 5:14, etc). How was Jesus mature?
- What does eating tell us about our limits? Why is sharing a meal with someone important?

A Task for October: Schedule two meals this upcoming month, with someone that you consider to be more spiritually mature than yourself.

- Who do you want to share a meal with because they display a level of maturity that you desire to grow in? And, who from this room asked you because they consider you mature?

Passages

- 1 Cor. 14:20
- Col. 1:28-29
- Hebrews 5:12-14; 6:1
- James 1:2-4
- Ephesians 4