

Series: DNA of a Healthy Church | 1 Timothy 4 | New Testament Church of Christ

D Group Lesson: Devoted and Disciplined

Sermon Author: Isaac Hill

Big Idea: Spiritual discipline isn't about earning God's love. It's about responding to His grace, growing in godliness, and pointing others to Jesus.

Key Scripture: 1 Timothy 4:7–16

D Group Goal: Identify one area of spiritual growth and commit to one practical step this week.

1. HOOK — Are You Still Growing? (7 minutes)

Opening question (3 minutes):

- **Share** something you once thought you were good at, only to discover you still had a lot to learn.
- **Connect** this to the sermon's ping-pong illustration: we can think we've arrived when we still have room to grow.

Discuss (4 minutes):

1. Why is it easy to become comfortable or complacent in our walk with God?
2. What's the difference between knowing about Jesus and allowing Jesus to change the way we live?

Transition: Following Jesus isn't the finish line of our growth. God continues working in us throughout our lives.

2. LOOK — What Does God Say? (21 minutes)

- Read 1 Timothy 4:7–16 aloud. Focus on these three truths.
- **Truth 1**: Spiritual discipline has present and eternal value
- Read: 1 Timothy 4:7–8

Paul compares spiritual growth to physical training. Both require intention and consistency, but godliness has value for this life and the life to come.

Discuss:

1. What competes with our time and attention for spiritual growth?
2. What does training yourself in godliness look like in an ordinary week?

Key takeaway: Invest intentionally in your spiritual growth, not just your earthly goals.

- **Truth 2:** Spiritual discipline is a response to God's grace (6 minutes)
- Read: 1 Timothy 4:9–10

We don't practice spiritual disciplines to earn God's love. We practice them because of the love He has already shown us through Jesus.

- Like Fred Hargesheimer, who devoted his life to helping the village that saved him, our gratitude for what Christ has done should shape how we live.

Discuss:

1. What's the difference between obeying God to earn His approval and obeying Him out of gratitude?
2. How does remembering God's grace change our motivation to grow spiritually?

Key takeaway: We don't work for God's love; we respond to the love He has already shown us.

- **Truth 3:** Spiritual discipline points others to Jesus (9 minutes)
- Read: 1 Timothy 4:11–16

Paul tells Timothy to set an example in speech, conduct, love, faith, and purity. Our spiritual progress should become visible in how we live.

We don't have to be perfect, but we should be growing in ways that help others see Jesus.

Discuss:

1. Which of these five areas—speech, conduct, love, faith, or purity—is most challenging for you?
2. How can the way we handle conflict, stress, or difficult relationships point others toward Jesus?

Key takeaway: Our lives should reflect the transformation Jesus is making in us.

3. TOOK — What's My Next Step? (12 minutes)

Personal reflection (3 minutes)

Give everyone a quiet moment to consider:

- Have I become complacent in my spiritual growth?
- Which spiritual discipline have I neglected?
- Am I living out of gratitude for God's grace?

Make a seven-day commitment (5 minutes)

Ask each person to choose one specific spiritual discipline to practice this week.

Examples:

- **Prayer**: Spend 10 intentional minutes with God each day.
- **Scripture**: Read a Bible passage daily and reflect on how to apply it.
- **Obedience**: Put one biblical teaching into practice each day.
- **Service**: Intentionally encourage or serve someone.
- **Accountability**: Check in with a D Group member about spiritual growth.

Have everyone complete this statement:

"This week, I will _____ by _____."

Encourage specific, realistic commitments rather than vague goals.

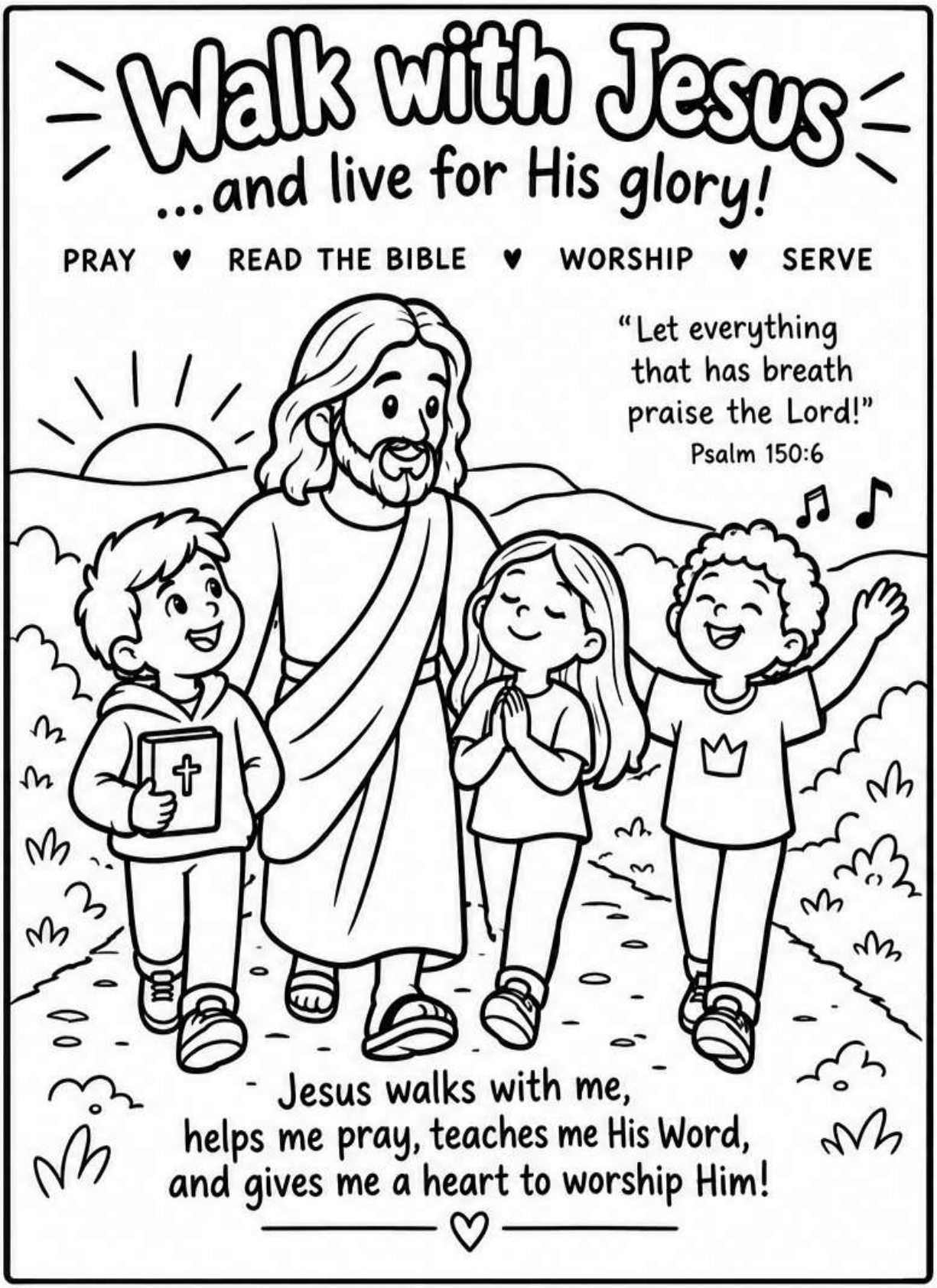
Accountability and prayer (4 minutes)

Have each person share their commitment and one way the group can pray for them.

Close by praying for:

- Consistency in spiritual disciplines.
- Freedom from legalism, pride, and guilt.
- Gratitude for God's grace.
- Lives that point others to Jesus.

Closing challenge: Don't aim to look like you've arrived. Aim to keep growing. Choose one spiritual discipline, practice it faithfully this week, and let your growth point others to Jesus.


Walk with Jesus
...and live for His glory!
PRAY ♥ READ THE BIBLE ♥ WORSHIP ♥ SERVE
"Let everything that has breath praise the Lord!"
Psalm 150:6
- Jesus walks with me,
helps me pray, teaches me His Word,
and gives me a heart to worship Him!

PARENT CHALLENGE CARD

Small Steps. Big Eternal Impact.

Your children are watching, learning, and growing.
Use these simple spiritual disciplines to help them
know Jesus, walk with Him, and live for His glory!



PRAYER

PRAY TOGETHER

Help your child learn to pray every day — at home, in the car, or before bed. Use the Lord's Prayer as a guide and talk with God about what's on their hearts.

"Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen."

Matthew 6:9–13



MEMORY VERSE

SAY IT TOGETHER

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity."

1 Timothy 4:12



SERVE OTHERS

LOOK FOR A NEED

Find a simple way to serve someone in need this week. It could be helping a neighbor, making a meal, writing a note, or donating something. Talk about how serving others is a way to show Jesus' love and bring glory to God.

"Raising our kids to know Jesus by making Him known."