



GRACE GROUP LEADER'S MESSAGE GUIDE

(Week of January 25th)

THE CHANGE DILEMMA - THE WORK OF CHANGE

LAST WEEK'S ACTION STEP

Pray this: Father form me into the one that saved me and may I live by the fuel to bring him fame.

ICEBREAKER

Say we have the technology: would you rather visit outer space or the bottom of the ocean?

BOTTOM LINE

Don't try to be different, train to be godly.

MAIN SCRIPTURE

1 Timothy 4:7-10

ADDITIONAL SCRIPTURES

1 Corinthians 9:24-27

2 Peter 1:5-7

Hebrews 12:1

Proverbs 22:6

Romans 12:2

Proverbs 17:22

RESOURCES

Read this [article](#) from Crossway titled "Why Godly Discipline Is about Learning to Fail Better."

Watch this 3 minute [video](#) from Tony Evans titled "The Meaning of Godliness."

GRACE EVENTS

<https://www.gracefellowship.cc/events/>

DISCUSSION QUESTIONS

Introductory

1. What stood out to you from this weekend's message?
2. Why do so many people want change, but struggle to experience it?
3. What's a change you've made in your life that you're actually glad you stuck with?

Scripture

4. Read 1 Timothy 4:7-10. In verse 7, what does Paul tell Timothy to avoid? Why might that matter for growth?
5. How does Paul describe the difference between "training" and just having good intentions? Why do you think it's important to make this distinction? (Leaders: this is a good place to review the additional scriptures.)
6. Why do you think spiritual growth often feels confusing or slow?

Application

7. What kind of mindset do you need to have to train toward godliness? What mindsets aren't helpful?
8. Why is it important that lasting change comes from grace, not guilt?
9. Where do you see the biggest gap between wanting change and doing what leads to change in your own life?
10. What's a small next step to change (rather than a giant leap) that you can make this week?

ACTION STEP

Create your own action step (yes, really)!