



SUNDAY 25TH AUGUST 2024

Sermon Title: God Empowers Those Who Are Disciplined

Bible Reading: 1 Corinthians 9:24-27

Preacher: Ps Sam Toms

Sermon Summary:

Living for God – God Empowers Those Who Are Disciplined

Text: 1 Corinthians 9:24-27

1. **The Race of Life:**
2. **Strict Training:**
3. **Intentionality:**
4. **Disciplines for Development:**

5. Spiritual Disciplines of Jesus:

- **Sabbath:** Rest and delight in God, beginning our spiritual journey with rest.
- **Solitude:** Finding quiet to deepen our communion with God.
- **Prayer:** Engaging in undistracted time with God, seeking joy and guidance.
- **Fasting:** Strengthening spiritual focus and breaking the hold of physical desires.
- **Scripture:** Renewing our minds by immersing ourselves in God's Word.
- **Community:** Healing and growing together through relationships.
- **Generosity:** Living within our means to give joyfully and selflessly.
- **Service:** Healing the world and ourselves through acts of service.
- **Witness:** Extending love and hospitality to others, making disciples.

6. Disciplines as a Path, Not a Destination:

Life Group Study Guide: Living for God – God Empowers Those Who Are Disciplined

Opening Question:

- Share a time when you committed to something with discipline. What motivated you, and what was the outcome?

Read: 1 Corinthians 9:24-27

Discussion Questions:

1. The Race Analogy:

- What does Paul's analogy of the race teach us about living the Christian life? How can we apply this analogy to our daily spiritual practices?

2. Training for the Prize:

- Paul talks about strict training. What are some "comforts" in your life that might be hindering your spiritual growth? How can you trade these for spiritual success?

3. Purposeful Living:

- In what areas of your life do you feel you are running aimlessly? How can you become more intentional in these areas?

4. Self-Control:

- How can we practice self-control in our spiritual lives? What are some practical ways to make our spiritual discipline a priority?

5. Disciplines of Jesus:

- Reflect on one of the spiritual disciplines mentioned (Sabbath, solitude, prayer, fasting, etc.). How can you incorporate this discipline into your life this week?

6. Community and Accountability:

- How does being part of a community help in your spiritual growth? How can you support each other in developing these spiritual disciplines?

7. Generosity and Service:

- Discuss how living generously and serving others can impact your relationship with God and others. What steps can you take to increase your practice of generosity and service?

8. Witnessing and Sharing:

- How can you be a witness for Christ in your daily life? What are some practical ways to extend hospitality and love to those around you?

Action Steps:

1. Choose one spiritual discipline to focus on this week. Set a specific, achievable goal related to this discipline.
2. Find an accountability partner in your group to share your progress and encourage each other.
3. Plan a group activity or service project to practice generosity and service together.

Closing Prayer:

- Pray for strength and discipline in your spiritual journey. Ask for guidance in incorporating these practices into your daily life and for the ability to support and encourage one another in your group.