

JANUARY 29 - APRIL 2 | 2023 | SUNDAYS 9 & 10:45AM

# GUARDIANS

VOL.1

A STUDY OF 1 TIMOTHY & 2 TIMOTHY



## SPENCER OLSON • 26 FEBRUARY 2023 GUARDIANS OF MINISTRY

### Big Idea:

Paul wrote to Timothy in a time marked by Adversity, but rather than relieve him of Timothy's calling Paul instead instructed Timothy on how to overcome adversity with a slew of Spiritual exercises.

### Main Text:

1 Timothy 4:7b-16.

### Questions:

How do you gauge the quality of your "spiritual fitness"?

Paul spoke about why spiritual exercise is essential, what practices do you utilize most in your faith?

The verse on age and Christian leadership has been a key tool in helping the church be multigenerational, how have you seen the Church do this well?  
How can we do better?

The main element of this text is the virtues of a Christian leader. Speech, Life, Love, Faith, Purity. Walk through each of these and discuss why each is important and difficult to practice.

How has the community of the Church helped your Faith be Forged?

pastor Spencer said, "you will never stop being a disciple, but *who disciples you* matters". Who, or what might be things outside of Christ that disciple us or our world? How will practicing spiritual exercises help us keep our focus on Christ?