



Training for Godliness

Adam Bowers | 10/24/21

1. What do you think is the biggest challenge to athletes staying motivated?
2. In the last year, do you think your life has become more balanced, busier, or stayed the same?
3. On a scale of 1-10, how would you rate your “training for godliness” right now?
4. Adam mentioned five aspects of training for godliness: be committed, have the right diet, learn the fundamentals, be consistent, and make sacrifices. Which of these do you find the easiest to follow? Which is the most difficult?
5. How does last week’s message about our spiritual battle connect with this week’s message about training for godliness? What are the goals of our enemy and how can we engage in the mission God has for us?