

*So, You Want To Be Like Christ?  
Eight Essentials to get you there  
Charles Swindoll*

**WEEK ONE:**

**MEMORY VERSE:**

**1 TIMOTHY 4:7**

**DISCIPLINE YOURSELF FOR THE  
PURPOSE OF GODLINESS**

Introduction: For the next session of our Bible Study, we will be focusing on what it takes to become like Christ.

Key Word for the Week:

**DISCIPLINE**

This is not a word that we like to hear. We like to require it from our children, but have a harder time incorporating it into our own lives. We have the desire but that desire doesn't always work its way into action.

## What is Spiritual Discipline?

This type of discipline involves effort on our part. Take for example the hard work and effort it takes to lose 10 pounds. If we could hire someone else to lose it for us, we would all look like a million bucks. It takes will power to say no and push ourselves away from the table. It takes discipline to get out to the track and exercise ourselves back into shape. Spiritual discipline is no different. If we want to become like Jesus, we have to put forth the time, energy and effort, relying upon the Holy Spirit to make us like Christ.

In the introduction of the book we are studying this session, the author, Charles Swindoll lists the different translations of our memory verse, 1 Timothy 4:7.

1. Keep yourself in training for a godly life (GNT)  
Good News Translation
2. Exercise yourself toward Godliness. (NKJV)  
New King James Version
4. Train yourself to be godly. (NIV)  
New International Version
5. Spend your time and energy in training yourself for spiritual fitness. (NLT)  
New Living Translation
6. Take the time and trouble to keep yourself spiritually fit. (Phillips)  
Phillips Translation

No spiritual flabbiness? Training. Exercise. Fitness. Ouch, this is going to hurt! There is truth in the old saying, 'No pain, no gain!' Let's learn

together how to take this scriptural formula and through the power of the Spirit discipline ourselves for the purpose of godliness.

Over the course of this study we will be covering the following essentials:

Intimacy: Deepening Our Lives  
Simplicity: Uncluttering Our Minds  
Silence and Solitude: Slowing Our Pace  
Surrender: Releasing Our Grip  
Prayer: Calling Out  
Humility: Bowing Low  
Self Control: Holding Back  
Sacrifice: Giving Over

The advice that the apostle Paul gave Timothy, a young pastor, was to train himself for godliness. Jesus himself was the perfect example of godliness. To become more like Christ, is to become more godly. To become more godly we must stop being self-centered and become Jesus-centered. To become more Jesus-centered we must get to know Him. That is our game plan for spiritual discipline this session.

To know Jesus.

To become more intimate than we ever have been before with Jesus. To experience His resurrection power, we must be well acquainted with His ways. To know Jesus, to really know Him, and experience intimate fellowship with Him, is the key that will unlock the door of spiritual discipline.

Together, we will exchange spiritual flabbiness for godliness. We will train in such a way that our Christian walks will never be the same. We will focus on getting to know Jesus more intimately than we ever have before and it all starts in the 'gymnasium of the soul'. The disciplines we will be focusing on will enable us to shape up from the inside out.

Our sole purpose this session is to know Him!