



PURPOSE

CONVERSATION #1: TAKING OWNERSHIP

ICEBREAKER: ADULTING LEVEL CHECK

To start our conversation today, let's do a quick and honest self-assessment. Rate yourself 1-5 on the following adult life skills. (1 = "absolute failure" | 5 = "I've got it figured out").

Remembering appointments.	Doing laundry before you're down to your last pair.
Waking up on time without snoozing.	Keeping plants alive.
Finishing that show or book you started.	Knowing what day of the week it is.
Paying bills on time.	Remembering passwords without resetting them.
Charging your phone before it's under 10%.	Going to bed at a reasonable time.
Changing the furnace filters.	Ordering groceries before you run out.
Responding to emails within 48 hours.	Cleaning the house when no one is coming over.

STUDY: MORE THAN GOOD INTENTIONS

Let's be honest - *adulting is hard*. No one warned us how many decisions, responsibilities, and "I should've done that already" moments would come with growing up. There are days when it feels like we signed up for this without reading the terms and conditions. And the truth is, spiritual growth isn't any easier. Just like adulting, it doesn't happen automatically with age, time, or good intentions. It requires learning, practice, and ownership.

That's why this matters - because growth doesn't come from waiting for someone else to take care of it for us. It comes when we accept responsibility for what we're becoming. Spiritual disciplines are not about doing more - they are about owning your formation. Growth accelerates when you stop waiting to be fed and start training yourself with responsibility, consistency, and humility.

Today, we will read a passage in which Paul writes to Timothy, a young pastor he has personally trained, mentored, and disciplined. Timothy isn't new to faith, but he *is* still growing into responsibility. Paul isn't giving him motivational advice or inspirational quotes; he's passing on hard-earned wisdom about what actually produces lasting growth. Let's listen and see what Paul says about training, discipline, and taking ownership of your formation.

READ 1 TIMOTHY 4:7-10

- What stands out to you from this passage and the language that Paul uses while he coaches Timothy?

- Paul uses the word *train* instead of *try*. What's the difference between training for something and just hoping it happens?
- Why do you think Paul compares spiritual growth to physical training? What does that comparison tell us about time, effort, and consistency?
- In verse 10, Paul talks about laboring and striving. Why do you think growth often involves effort even when our culture prefers ease and comfort?

If we want to be even clearer about what Paul is talking about here, he is directing Timothy to take ownership of his own faith. When we choose ownership over our spiritual growth, it means we stop outsourcing it. We don't blame our schedule when we don't show up. We don't wait for motivation to magically appear. We don't depend on other people to remind us, push us, or carry our responsibilities for us. We take ownership of our connection to God and our responsibility to respond to Him.

READ HEBREWS 12:11

- If discipline rarely feels pleasant in the moment, what excuses show up most often when growth requires effort?
- What is one discipline you know would help you grow, but you've been postponing because it's uncomfortable?

CHALLENGE: DESIGN YOUR TRAINING

To think about this week's challenge and taking personal ownership of your faith, take a few minutes with your discipleship partner(s) and think through what a normal week looks like:

SUN	MON	TUES	WED	THU	FRI	SAT

As you are thinking about working your spiritual muscles, start by identifying your **access point** - when do you already have margin in your week, even if it's small? Then make an **ownership move** by choosing a discipline that actually fits this season of life, not one that sounds easy, impressive, or ideal. You'll choose just from the box below to focus on:

Bible Reading	Scripture Memorization	Daily Prayer	Sabbath	Fasting	Solitude & Silence
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As you put this practice into action, remember growth doesn't come from knowing what to do - it comes from consistently showing up and taking ownership of your formation, even when it feels inconvenient, unexciting, or unseen. Be sure to share with your discipleship partner(s) how the experience went.