

# BODY



# BUILDING

## JOURNEY WAYPOINTS

February 23–March 1, 2025

A stop along the journey to study, share, and support one another while we learn the way of Jesus.

### This Week's Spiritual Exercise

Scripture tells us that we are all being transformed into the image of Jesus. Discipleship is the process by which that takes place. Intentional community is where we work out our faith together, being coached and coaching others in Christ.

### Bible Reading, Study, and Prayer Equipment

Prayer App [App Store](#) [Google Play](#)

Mini-Class: [Praying the Lord's Prayer Class](#)

You Version Bible [App Store](#) [Google Play](#)

[Spiritual Gifts Test](#)

[6 Methods for Bible Study](#)

Bible Memory [App Store](#) [Google Play](#)

### Why Prayer is important:

**KEY TEXT:** 1 Timothy 3:15-16; Hebrews 10:24-25; 1 Timothy 3 [Click here to access this week's scriptures](#)

Paul describes the church as "the household of God, the pillar and foundation of the truth" (1 Timothy 3:15). This means that the church is not just a social gathering but a community committed to upholding and embodying God's truth. Every believer has a role in shaping and strengthening this household.

The early church understood this well. They devoted themselves to fellowship, breaking bread together, and encouraging one another in faith (Acts 2:42-47). We were never meant to be live in isolation but in covenantal partnership with other believers.

Yet, too often, we view faith as an individual journey rather than a shared commitment. Discipleship is not just about personal growth; it is about growing together, helping one another mature in Christ.

Paul's words in 1 Timothy 3:1-13 outline the character qualities required for church leadership, and while, yes, those who are called to church leadership must demonstrate these characteristics, these qualities are not exclusive to leaders—they are marks of spiritual maturity for all believers.

We are all called to grow in godliness, to reflect Christ's character, and to disciple others. Paul emphasizes qualities like self-control, faithfulness, hospitality, and a good reputation (1 Timothy 3:2-12). These are not just qualifications for bishops and deacons, but expectations for every believer seeking to grow in Christ.

True godliness does not come from human effort but from Jesus. Paul's hymn in 1 Timothy 3:16 declares the mystery of faith—Christ's incarnation, resurrection, and glorification. This is the foundation upon which we build our lives and disciple others. The grace of Jesus opens up the way; we choose to live in and by it.

"Christianity without discipleship is always Christianity without Christ." – Dietrich Bonhoeffer

### Discussion Questions:

- Who has discipled you in your faith journey? How has their investment shaped your growth?
- In what ways can you be more intentional about discipling others?
- What are practical ways you can grow in Christlike character this week?

### Exercise!

- If you don't know your spiritual gifts, take a spiritual gift quiz.
- Find a way to volunteer for a local organization or to sacrificially care for someone else.
- Invite someone over or out for a meal and share stories of how you see God at work in your life.
- Read 1 Timothy 3 each day, asking God to shape your character to reflect Christ.