

Daily Training Tips: Week Eight

Gym Rats

personal / group study for use with the message of March 6th and 7th, 2010

And let us consider how we may spur one another on toward love and good deeds” (Hebrews 10:24).

Having training partners, people who do the journey with you, is an important part of spiritual development. In the gym you will often see people working out in pairs. One person ‘spots’ for another, as they lift the heavy weights. We need people in our lives who will spur us on to live for Christ.

Introduction.

We all need friends on the journey of life with us! Even Jesus did not go it alone. You should develop relationships with others who are more spiritually mature to help you train. You should develop relationships with those who are in a similar place to you and with those who are behind you in training. Training together is the way to go!

Read.

Day 1 – The “One another” commands.

Study the following list of “one another” commands from the New Testament. As you study this list, ask yourself this question: Does my relationship network allow me to give and receive in the way that these verses describe?

This is My commandment, that you love one another, just as I have loved you (John 15:12).

Be devoted to one another in brotherly love (Romans 12:10).

Be of the same mind toward one another (Romans 12:16).

Give preference to one another in honor (Romans 12:11).

Let us pursue the things which make for peace and the building up of one another (Romans 14:19).

Accept one another (Romans 15:7).

Admonish one another (Romans 15:14).

Care for one another (1Corinthians 12:25).

Through love serve one another (Galatians 5:13).

With patience, showing forbearance to one another in love (Ephesians 4:2).

And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you (Ephesians 4:32).

Speaking to one another in psalms and hymns and spiritual songs (Ephesians 5:19).

Be subject to one another in the fear of Christ (Ephesians 5:21).

Bearing with one another, and forgiving each other, whoever has a complaint against anyone (Colossians 3:13).

Abound in love for one another (1Thessalonians 3:12).

Therefore comfort one another (1Thessalonians 4:18).

Therefore encourage one another, and build up one another (1Thessalonians 5:11).

Live in peace with one another (1Thessalonians 5:13).

Always seek after that which is good for one another (1Thessalonians 5:15).

But encourage one another day after day (Hebrews 3:13).

Let us consider how to stimulate one another to love and good deeds (Hebrews 10:24).

Confess your sins to one another, and pray for one another, so that you may be healed (James 5:16).

Fervently love one another from the heart (1Peter 1:22).

Be hospitable to one another (1Peter 4:9).

Clothe yourselves with humility toward one another (1Peter 5:5).

Day 2 – Life in the early church.

Take a look at the following verses. See how closely knit the believers were in the first days of the early church?
Acts 2:42-47, 4:23-31, 5:42, 12:12.

Do you have people that you are closely knit to? OPC is a pretty big church. It's easy to get lost in the crowd on weekends. Have you tried to find your place in a smaller group of people, say a Life Group, or some sort of ministry team? If you go out in the lobby to the Lifepath tables, the people there can help you determine a good class or a group that fits where you are on your spiritual journey.

Day 3 – Paul and his friends. Read Romans chapter 16.

Sometimes when we think of an 'apostle' like Paul, we think of a kind of super-hero who did not need other people. Nothing could be further from the truth. As you read Romans chapter 16, take note of the various friends that Paul comments on. Also, note some of the qualities that he mentions in various people.

If you were writing this chapter, who would be the people that you would mention, and what would the qualities be that you would ascribe to them?

Day 4 – Developing your “Team Pursuit.”

Last weekend, I used the analogy of Team Pursuit skating, where there are three people working together to achieve a goal. It takes a team to grow spiritually. We can't do this on our own. I said that over time you should develop relationships at three levels:

People ahead of you = Mentors. They Inspire you and Invest in you.

People alongside of you = Peers. They Encourage you and Support you.

People behind you = Students. They Feed off of you and Follow you.

Can you identify people at all three levels?

Day 5 – David and Jonathan. Read 1Samuel 18:1-5; 19:1-7 and ch.20.

Even the great King David needed other people in his life to support and encourage him. How was Jonathan a friend to David? How did he support, protect and encourage him?

It costs something to *be* this kind of a friend to someone else. What did it cost Jonathan to be such a friend to David? **See 1Samuel 31:1,2.**

See the lament that David sang after the death of Jonathan (**2Samuel 1:17-27**). From this lament, what can you learn about how David felt about his friend Jonathan?

Do you have a “Jonathan” in your life???

**All scripture taken from the New International Version (NIV) unless otherwise noted.*

Extra.

EXTRA WORKOUT TIP: Next weekend we will learn how God uses trials, just like a trainer uses heavier weights, to build spiritual muscle. Don't miss it!

