

There Are Benefits for Living A Godly Life

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A SMALL GROUP DISCUSSION GUIDE BASED ON THE TEACHING OF PASTOR MIREK HUFTON

1. SERMON RECAP

Pastor Mirek Hufton opened his teaching from Psalm 103 and 1 Timothy 4, challenging the congregation to pursue godliness with the same intentionality and discipline one would apply to physical fitness. He drew a powerful contrast between the costs of ungodly living and the far-reaching benefits of a life devoted to God, reminding the church that those benefits touch every area of life, from family and finances to emotional health and spiritual authority. He challenged listeners to stop treating godliness as optional and to instead pursue it as a deliberate, daily commitment that produces real and lasting fruit.

2. KEY SCRIPTURE

1 Timothy 4:8 (NKJV)

"For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come."

3. ICE BREAKER

What is one habit or discipline in your everyday life, whether related to health, finances, or time management, that took real effort to build but has genuinely paid off for you?

4. DISCUSSION QUESTIONS

1. Pastor Mirek used the analogy of physical fitness to describe spiritual fitness.

What does it actually look like in your weekly routine to exercise yourself toward godliness? Where do you find that discipline the hardest to maintain?

2. He made the point that godliness is profitable in "all things," meaning it touches every area of life, not just Sunday mornings.

Can you think of a time when living a godly life produced a tangible benefit in a specific area, such as a relationship, a decision, or your peace of mind? What happened?

3. Pastor Mirek was direct about the cost of sexual immorality and other forms of ungodliness, saying they rob a believer of spiritual power and clarity.

Without getting into personal detail, how does the group understand the connection between personal holiness and spiritual effectiveness? Do you think most Christians take that connection seriously? Why or why not?

4. He told the story of a man who was wounded deeply by religion and walked away from God for 25 years, but was ultimately drawn back by the love of God.

What is the difference, in your experience, between religion that pushes people away and genuine godliness that draws people in? How does that distinction shape the way your group engages with people outside the church?

5. Pastor Mirek spoke honestly about the labor and struggle involved in serving God consistently, including seasons of discouragement, and said he has refused to quit because the call burns in him.

What keeps you pressing forward in your walk with God when you feel like quitting? What has God used in your life to renew your commitment?

6. He emphasized that taking correction is part of becoming spiritually fit, and that people who cannot receive correction stay spiritually immature.

How does your group create a culture where honest, loving correction is welcomed rather than resented? What makes it easier or harder to receive correction from another believer?

5. APPLICATION CHALLENGE

This week, each group member should identify one specific area of their life where godliness has been sliding, whether it is what they are watching, how they are spending their time, a conversation they have been avoiding, or a habit they know is working against their walk with God. They should write it down, bring it before God in prayer each morning for seven days, and take one concrete step to close the gap. At the next group meeting, members are encouraged to briefly share what they identified and what they did about it.

6. PRAYER POINTS

- Pray that each group member would develop a genuine hunger for spiritual fitness, not just religious routine, and that they would find the grace to pursue godliness with consistency and discipline in the week ahead.
 - Pray for anyone in the group who has been wounded by religion or by people in the church, that the love of God would reach the deep places and restore what was lost, just as it did for the man Pastor Mirek described.
 - Pray for spiritual sharpness and clarity of mind across the whole group, that the Holy Spirit would illuminate any area of compromise and give each person the courage and strength to walk in full obedience to what God has called them to.
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7. MEMORY VERSE

1 Timothy 4:8 (NKJV)

"For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come."