

Train with Wisdom

Wisdom for a Young Head Coach

Week 8

I Timothy 4:1-8

Read the text aloud.

Discussion Questions:

- When have you seen coaches use odd or foolish training techniques with their players? (vv.1-3) *Denying them water, over-training, encouraging fighting, ignoring steroid use...*
- What is often the source of such destructive methods of training and motivation? (v.2) *A conscience that's numb or dead.*
- What are some very good things that have been withheld from players by coaches you know? (vv.3-4) *Water, food, family time, social time...* What is shown here to be a healthier attitude? (vv.4-5) *Thankfulness for all things with prayer.*
- According to verse 6, what is the evidence of being a good coach (minister)? *Pointing out the ideas from vv.3-5 and being nourished on the words of faith and sound doctrine.*
- How much physical training do you do weekly? *How many hours in what forms... running, weight training...?* What is its benefit? (vv. 7-8) *Physical health, clear mind, etc...*
- How much godliness training do you do weekly? *How many hours in what forms... Bible reading, worship, prayer...?* What is its benefit? (v. 8) *For all things...in this life and in the next... Clear conscience, wisdom, good relationships...*

Weekly Summary:

- Watch out for foolish and destructive training techniques.
- Be thankful for all that God gives and don't withhold good things from your staff and players.
- Keep a proper balance between your physical and spiritual training. Don't neglect either.

Notes:

- The questions for discussion will appear in normal text like this.
- *Suggested answers, discussion hints and follow up questions will appear in italics like this.*

Bible Reference:

1 Timothy 4



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