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## F. BECOMING AND GROWING AS A DISCIPLE

### F.3: How do I get more power in my life?

#### [2 Timothy 1:7]

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#### **A STORY**

At a men's conference a number of years ago, we taught on the concept of the power of God flowing through us. However, when it came to coaching, one man had trouble thinking how this illustration represents true power in his life. He knew that God had not given him a spirit of fear. But the fear persisted. We worked on these steps to help him personally see what had to happen to have power in his life.

#### **DIGGING INTO THE BIBLE**

##### **2 Timothy 1:7**

For God did not give us a spirit of fear, but of power, love and a sound mind.

#### **DISCUSSION AND DISCOVERY**

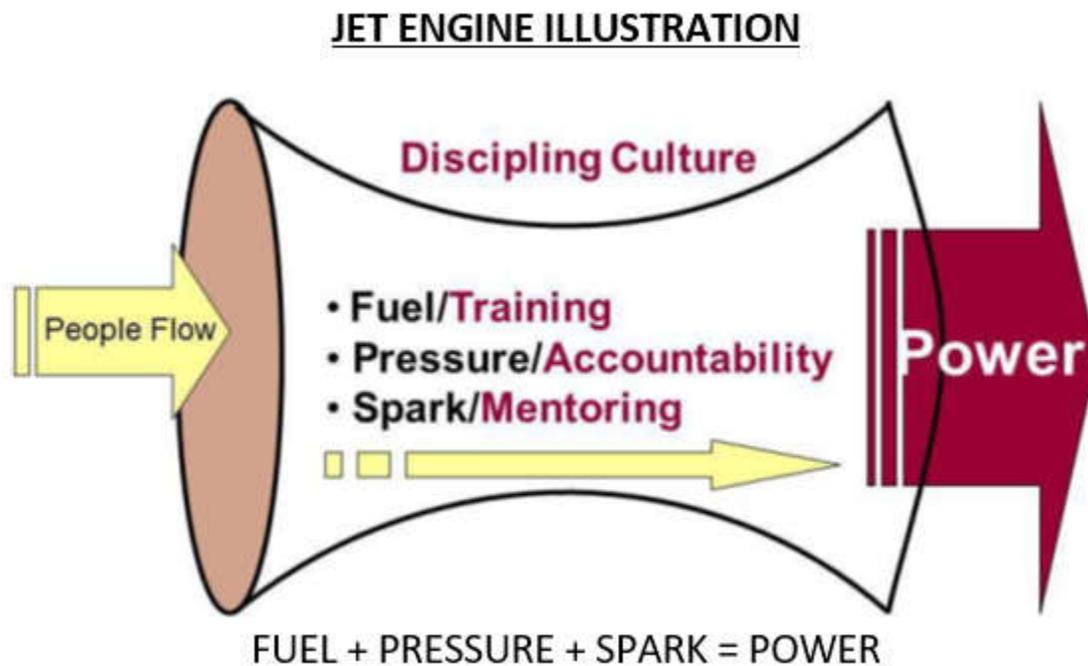
1. What does it mean that God did not give us a spirit of fear?
2. How would you define having a spirit of power?
3. How are power, love and a sound mind essential for a balanced life?
4. How would you define a sound mind? Good decisions? Discipline?

#### **APPLICATION AND ACCOUNTABILITY**

1. What steps can you take to deal with your fear?
2. How do you grasp the connection to power?
3. What has been your experience in having power in your life?
4. Which of these three are most evident in your life?
5. What steps can you take to bring power, love and discipline into your life?

**THE FOLLOWING ILLUSTRATION MAY GIVE YOU SOME CLUES TO GRASPING POWER**

A jet engine works powerfully when certain ingredients are combined together. In the intake you will need air flow, which when combined with Fuel (Jet engine fuel), pressure and the essential spark, then the engine will produce power for the jet to take off. This same illustration can be a metaphor of the essential elements of a discipleship culture that will give Spirit empowered power in the lives of the people who flow through this.



In a discipleship culture people flow into your intake process. Fuel represents the power of the Word of God (Hebrews 4:12) and the Holy Spirit (Acts 1:8) in our lives which can come through prayer, individual and group study and training. Pressure represents another person who with agreement will ask the right loving questions to bring action in your life. Pressure comes from coaching questions from the Word of God. The spark is the action of faith that ignites the fuel and produces POWER by the Holy Spirit!

**DISCUSSION AND DISCOVERY**

1. What discoveries do you make from this illustration?
2. Which parts are confusing?
3. Which of these three essential components of power production are present in your life now?

**APPLICATION AND ACCOUNTABILITY**

4. Which one needs some attention?
5. What would be a step that you could take to increase power in your life?
6. What would that step look like? When will you get started?
7. When would you like to get started on that?
8. How can I be of help in applying these action steps?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: