



BETTER THAN BEFORE

GROWING INTO
GOD'S BEST FOR YOUR LIFE

WEEK 5
GROW IN
HOLINESS

DAY 1 - FEED YOUR SOUL EVERY DAY

"Until I come, devote yourself to the public reading of Scripture, to preaching, and to teaching." —1 Timothy 4:13 (NIV)

When you choose to eat healthy, isn't it amazing that a cheat day can lead to a cheat week and to a cheat month! In the same way as your physical body, your soul cannot be healthy if you only feed it every once in a while. Paul urges Timothy to stay devoted to Scripture because that is the only way to stay spiritually strong. You cannot live out what you are not taking in. When you put the Word first, everything else begins to find clarity.

Time in Scripture softens your heart, renews your courage, exposes lies, and strengthens your convictions. The Word is not optional for spiritual growth. It is essential. Jesus made that clear when He said, *"Man shall not live on bread alone, but on every word that comes from the mouth of God."* —Matthew 4:4 (NIV)

If the Word is your daily bread, then you need it daily. Not just on Sundays. Not just during a crisis. Your soul needs steady spiritual nourishment. When the Word leads your day, your decisions become clearer and your spirit becomes stronger. When you ignore it, you drift.

You do not need long study sessions to begin. You need consistency. Create a simple routine. Open your Bible. Read a chapter. Sit with a verse that stands out. Let God speak to you. Those moments will shape your life more than you realize.

REFLECTION QUESTIONS

How healthy is your daily spiritual intake right now?

When will you commit to a focused time in Scripture this week?

DAY 2 - TRAIN YOURSELF FOR GODLINESS

“Train yourself to be godly. For physical training is of some value, but godliness has value for all things.” —1 Timothy 4:7-8 (NIV)

Just as good athletes know that daily habits beat regional hype, spiritual growth does not come from emotion. It comes from training. Paul tells Timothy to train himself because holiness requires intention. Just like an athlete trains to become stronger, believers train to grow in godliness.

Training looks like daily decisions to build the right habits. Reading Scripture even when you do not feel like it. Praying when you would rather distract yourself. Forgiving when your feelings resist it. Serving even when you are busy. Giving even when it stretches your comfort.

These small acts form spiritual muscle memory. Over time, your instincts start to line up with God’s heart.

Paul adds, *“Whatever you do, work at it with all your heart, as working for the Lord,” —Colossians 3:23 (NIV)*

God is not looking for perfection. He is looking for pursuit. He is looking for people who put in the reps and trust Him to shape the results.

Training requires consistency, patience, and commitment. You rarely feel the growth while you are doing it, but you will see the results later. Stay faithful, and you will grow stronger.

REFLECTION QUESTIONS

What discipline is God asking you to build this week?

Do your current habits reflect the person you want to become?

DAY 3 - LABOR WITH PURPOSE

“That is why we labor and strive, because we have put our hope in the living God.” —1 Timothy 4:10 (NIV)

For a company to succeed long-term, it must clearly understand its “why.” Paul reminds us that our work for God is not meaningless. We labor with purpose because our hope is in the living God. Hope fuels effort. Hope fuels faithfulness. Hope fuels endurance.

There will be days when obedience feels heavy or hidden or unappreciated. There will be moments when serving others feels tiring. But God sees every act of faithfulness. What you do for Him is never wasted.

Paul writes, *“Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.” —1 Corinthians 15:58 (NIV)*

When your work connects to eternity, you find strength for today. You discover new motivation in your calling. You begin to see your daily responsibilities through a new lens. Your job becomes ministry. Your conversations become opportunities. Your actions become worship.

Purpose keeps you steady when feelings waver. When you remember who you serve and why you serve, you rise above discouragement and keep going.

REFLECTION QUESTIONS

Where is God asking you to stay faithful?

How can you reconnect your work with God’s purpose this week?

DAY 4 - GUARD YOUR CHARACTER

“Set an example for the believers in speech, in conduct, in love, in faith, and in purity.” —1 Timothy 4:12 (NIV)

One of the first lessons a bodybuilder learns is that strength is built on substance. Sugary snacks may taste good, but they don't build muscle. Character is the foundation of spiritual influence. It is not built on talent or charisma. It is built on consistency. Paul gives Timothy five areas that reveal spiritual maturity: speech, conduct, love, faith, and purity. When these align with Christ, your life becomes a living sermon.

Your character protects your calling. It keeps you steady when pressure rises. It keeps your reputation intact when temptation shows up. When your inner world honors God, your outer world carries His influence.

Proverbs reminds us, *“Whoever walks in integrity walks securely.” - Proverbs 10:9 (NIV)*

Integrity brings security. You do not have to hide anything. You do not have to pretend. You do not have to manage an image. You simply walk with God, honor Him privately, and trust Him publicly.

Character is built through countless unseen choices. Respectful words when you feel irritated. Faith when fear whispers. Purity when temptation calls. Love when pride tempts you to protect yourself. These choices add up. They form a life that reflects Jesus.

REFLECTION QUESTIONS

Which part of your character is God developing right now?

Who could support you as you grow in integrity?

DAY 5 - GIVE YOURSELF WHOLLY TO THE CALL

“Be diligent in these matters, give yourself wholly to them, so that everyone may see your progress.” –1 Timothy 4:15 (NIV)

In every area of life, half effort produces half results. Paul calls Timothy to give himself fully to the work God has assigned him. When you commit fully, something powerful happens. Growth becomes visible. Progress becomes noticeable. God multiplies what you surrender.

You do not need to compare your calling to anyone else’s. You simply need to steward the one God gave you. Don’t hide your gifts; develop them. Don’t wait for a perfect moment; start now. Do not underestimate small beginnings. God often builds the greatest things through small steps.

Paul writes, *“Do it all for the glory of God.” –1 Corinthians 10:31 (NIV)*

When your devotion becomes complete, your life becomes a reflection of Jesus. Your growth becomes evidence of His work. Your progress becomes a testimony of His grace.

Choose full commitment. Give God your yes. Let Him stretch you, shape you, and lead you. You will become someone you never thought was possible.

REFLECTION QUESTIONS

Where have you held back in your calling?

What is one step of full devotion you can take this week?