

Dig Deeper Devotional

Train for Godliness: Discipline That Transforms

By Randall Schupbach



Opening Prayer

Father God,

You are the source of all strength, wisdom, and purpose. You have not called me to a passive life, but to a life of intentional growth, discipline, and transformation. Yet I confess—too often I invest my time and energy into temporary things while neglecting what is eternal.

Awaken my heart to the importance of spiritual discipline. Give me the desire to know You more deeply, to pursue Your Word with consistency, and to train my life according to Your truth.

Help me to steward my time with purpose. Strengthen my mind, align my heart, and guide my actions so that I may become more like Christ each day.

I offer my time, my focus, and my effort to You.

In Jesus' name, Amen.

Scripture Foundation

NIV – 1 Timothy 4:7–8

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

KJV – 1 Timothy 4:7–8

But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

Teaching & Insight

There is a clear principle woven throughout both Scripture and life: what we consistently train for, we become.

We admire discipline in athletes, leaders, and high performers. Their success is rarely accidental—it is the result of repeated, intentional effort over time. Behind every visible achievement lies unseen hours of preparation, sacrifice, and focus.

Yet Scripture shifts our perspective. While physical discipline has value, it is spiritual discipline that carries eternal weight.

Paul’s instruction to “train yourself to be godly” is not casual—it is a command rooted in effort, repetition, and intentional pursuit. The Greek word used here for “train” carries the idea of rigorous exercise, like that of an athlete preparing for competition. This is not passive belief; it is active formation.

The tension many believers face is not a lack of desire—but a lack of discipline.

We say we want a deeper relationship with God, stronger faith, and greater understanding of Scripture. Yet these outcomes do not come without investment.

Just as no athlete becomes elite without training, no believer grows in godliness without consistent engagement with God’s Word, prayer, and obedience.

Every day, our habits are forming us. What we consume shapes our thinking. What we prioritize shapes our character. What we practice shapes our identity.

If we are not intentionally training for godliness, we are unintentionally being shaped by the world.

God is not asking for perfection. He is asking for intentional pursuit.

DEED / ACTION

Today, commit to a specific spiritual training plan:

- Set a non-negotiable daily time (even 15–30 minutes) for Scripture and prayer
 - Choose one passage to study deeply and reflect on throughout the day
 - Remove one distraction that consistently pulls you away from spiritual growth
- Ask yourself: Am I training for what is temporary—or what is eternal?

Pause & Reflect

- How much intentional time do I currently invest in growing spiritually each week?
- What patterns in my life are shaping me—by design or by default?
- If my current habits continue, who will I become in one year?

Hebrew Insight

למד (Lamad) — To learn, to be trained, to be taught. Learning is lived out through action.

Greek Insight

γυμνάζω (Gymnázō) — To train, exercise. εὐσέβεια (Eusebeia) — Godliness, devotion.

Final Charge

Train your life toward God—and watch who you become.

Closing Prayer

Lord,

Strengthen my discipline. Focus my time. Guard my priorities. Help me to pursue You daily—not out of obligation, but out of love.

Let my life reflect the result of time spent with You. Shape my habits, renew my mind, and transform my heart.

In Jesus' name, Amen.

Sources

Mondays With Mark video series

The Holy Bible (NIV; KJV)

Strong's Concordance

Brown-Driver-Briggs Hebrew Lexicon;

Thayer's Greek Lexicon