

1 Timothy 4:7-8: Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. (ESV)

I. Three contrasts:

- a. _____ vs. _____ (v7).
- b. _____ training vs. _____ training (v8)
- c. _____ life vs. _____ (v8)

II. What benefit is physical training?

- a. Battle _____
- b. Prevent _____
- c. Enable greater _____

III. What does successful physical training entail?

- a. A good _____
- b. Proper _____
- c. Proper _____
- d. A workout _____

IV. What benefit is Spiritual training?

- a. Battle _____ (Hebrews 5:12)

b. Prevent _____ (Colossians 3)

c. Enable greater _____ (John 15)

V. What does Spiritual training entail?

a. A good _____

b. Proper _____; Feeding your _____ nature

c. Proper rest

i. God _____ us to rest

ii. We are at our _____ when we have good _____

d. A workout partner

i. We are _____ to _____

VI. What are some ways we as Christians can be training spiritually?

a. _____ (1 Tim 2:1-4)

b. _____ (Jeremiah 9:23-24)

c. _____ (2 Corinthians 10:5)

d. _____ (Mark 6:30-32)

VII. But what if we have blown it?

a. _____ are new every _____ (Lam 3:23)

b. His _____ is _____ (Jeremiah 3:12)

What is God trying to tell us?

I. We are to be storing up _____, not _____

II. We are not building _____, but a _____

III. We need to live with this truth: _____ is

_____.