

1 Timothy 4:7-11
Core Conditioning

Train well ...

- I. Ignore Worthless Fluff
 - A. The Preposterous Then

 - B. The Preposterous Now
- II. Focus On Hope
 - A. Our God & Savior

 - B. Our Motivation
- III. Invest in Worthwhile Exercises
 - A. Train for Godliness

 - B. Valuable Now & Forever

... inspire others.

Children, Listen ...

1. What is something you work hard at and practice every day?

2. Can someone else practice your skill like a sport or instrument for you?

3. What is the most important thing to train for every day?

4. What things are used for that kind of training?

Fit or Fluffy

There are ideas and concepts that are ridiculous, others that are simply fluff, others are sensible and good. Then there are things that really matter not only in this life, but in the next. At the top of the list of things of such great magnitude is not a set of manmade ideas, but the eternal truth of God's Word. Believers should make what God has spoken the highest priority so that they can be well schooled in the knowledge, truth, and practices He has given to us in His written Word. If we expect to grow stronger in our faith the exercise of studying Scripture is essential. But that is only part of the core training a believer should pursue. A good thorough workout routine will also include regular prayer, corporate worship, fellowship with God's people, and acts of service. Want to stay in good spiritual shape and increase your spiritual stamina? Want to be spiritually fit instead of fluffy? It takes diligence and discipline. Train yourself in godliness.