

1 Timothy 4:6-16

Physical Training

Have you ever worked hard to obtain something of great importance? What did you do to reach this goal?

Read v. 6-8

1. Has anyone talked you into doing something that sounded great but turned out to be bad?
 2. Have you ever pushed yourself to be something more? (i.e. a job or a team, play or position)
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Read v. 9-11

1. How do we labor and suffer? How can we as a body overcome these things?
 2. How can we increase our trust in God? And teach others accordingly?
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Read v. 12-16

1. What characteristics should we focus on based on these verses?
2. What does Paul mean to be an “example” of these things?
3. How can exercising our faith in these ways be profitable to all?
4. How can we sharpen ourselves and be a light unto this world?

What I will be talking about

I am talking about exercise physically and in our faith; how this translates into the brethren and into our walk. We will see how we can train to expand our faith and walk in Christ. I will be talking about how leading by example can help everyone. We need to be laboring for things not of this world, but for things after this life. We need to answer for our actions on this earth.