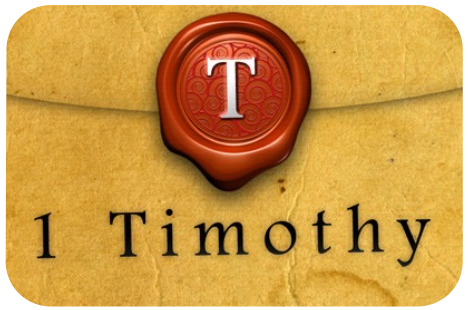


Sermon Notes
Sunday, May 22, 2016

Series: Lessons in
1st Timothy

Sermon: Training For
Good



Key Verse: “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.”
1 Timothy 4:8, NIV

God wants to help us live a holy, godly life. A life of purpose and freedom. **What exciting thing does God want do do you in your life?**

Scripture: 1 Timothy 4:6-12 (Pew Bible Page #1152)

Exercise Daily to Reach Your Goal

1. Eat _____ (Vs. 6)
2. Go to the _____ (Vs. 7)
3. Learn What is _____ and What Is _____ (Vs. 8)
4. _____ It Out (Vs. 12)

Some areas to focus on:

- i. _____.
- ii. _____.
- iii. _____.
- iv. _____.
- v. _____.

What goal are you training for? Does it “hold promise for both the present life and the life to come” (Vs. 8). Don’t be discouraged. God is with you and for you!