

# TRAIN YOURSELF TO BE GODLY

I Timothy 4:7-8

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- In our text, Paul mentions the benefit of bodily exercise, but, he really encourages training to be spiritually strong.
- So today, I am here to “*pump you up*” spiritually speaking.
- We are going to create a godly work-out plan.

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- *If you want to be godly then you must practice your....*

## BENEVOLENCE BENCH PRESS

- We all need to be able to give a helping hand at times. We need to “one another’s burdens and so fulfill the law”- Gal. 6:2
- At some point in our lives, we have needed help.
- Every bench press person needs a spotter.
- Luke 12:33, Eph. 4:28, I Tim. 6:18

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## PATIENCE PLANKS

- **Long-suffering**

- I Thess. 5:14, I Tim. 2:22-24, II Peter 3:9

- **Perseverance**

- Rom. 2:7, Rev. 2:2-3, Heb. 6:11-12; I Peter 2:19-21

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## SELF-CONTROL SIT-UPS

- Gal. 5:23
- Phil. 3:19
- Be able to curb our fleshly desires.
- Romans 6:12-14
- Acts 24:25

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## LOVE LEG PRESSES

- We need strong legs to demonstrate our love
  - For God
    - Run away from evil, stand up for the truth
  - For Man
    - Take the gospel to others- Rom. 10:15; Eph. 6k