

“A FITNESS PLAN FOR THE NEW YEAR”

1 Timothy 4:6-11

What are we aiming for in 2023?

1. _____ **write a purpose statement & goals for the year (vv. 7-8)**

v. 7 – reject =

– train =

1 Tim 4:7 – *train for godliness* = **Purpose & Goal**

1 Cor 9:23 – *runs to win* = **Attitude**

Ps 90:12; Eph 5:15-16 – need for wisdom & brevity of life = **Clarity on Situation**

What is our chief purpose?

Mt 22:37-40

2. _____ **regular time in the Word, in prayer, & memorizing Scripture (v. 6)**

A steady diet of... (x2)

Nourished –

2 Tim 1:5; 3:14-16

Appropriate – “devote to a special purpose”

FIRST –

SECOND –

3. _____ **by developing godly character, especially your weaknesses (vv. 7-8)**

Eph 5:1; 1 Pt 1:15-16 – called to imitate Jesus & the holiness of God

Developing Character Takes...

A. _____ –

B. _____ –

4. **Plan** _____ **fellowship to deepen relationships & encourage others (vv. 6, 11)**

vv. 6, 11 – Timothy to command, instruct, teach, point out
To do these, there must be _____.

COVID revealed...

Necessity of Gathering (Heb 10:24-25)

A church is/does...
1 Cor 12; Eph 4:11-16

How will you deepen & develop relationships in 2023?

5. _____ **& ask God about serving him & others with his grace gifts (v. 10)**

What are Paul & Timothy “working” & “struggling” at?

Work/Toil/Labor –

Significance of the Present Tense Verb?

Where is their gaze fixed?

Serving is not an option (1 Pt 4:10-11)
Time & God’s Gifts. How will you use them?