

Pastor Devin's Notes – Sunday, January 6<sup>th</sup>

## CORE STRENGTH:

### Body Sculpting

1 Timothy 4:7-8 [NIV]

*<sup>7</sup> Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. <sup>8</sup> 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.*

- **PRINCIPAL POINT:** We all have areas in which we experience pain and discomfort that lead to us making imperfect **DECISIONS**, expressing imperfect **EMOTIONS**, having imperfect **RELATIONSHIPS** and living imperfect **LIVES**.
- **PRACTICE POINT:** Some of the pain we have in one place can't be dealt with until you **STRENGTHEN** another place.

KJV: Replaces the word **TRAIN** with the word **EXERCISE**.  
Same word in English language for **GYMNASIUM**.

1. **Exercise is important, but you must also watch what you EAT.** [1 Timothy 4:7(a)]
  - a. You must be **CAREFUL** of the things you **FEED** your spirit.
  - b. Everything should not enter your **EARS** and **EYES**.
  - c. Dismiss any doctrine that is **NOT** rooted in **BIBLICAL** truth.

# RevivalTab

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2. **If you want to be GODLY, then you have to get in the GYM.** [1 Timothy 4:7(b)]
  - a. Growing in godliness doesn't happen independent of INTENTIONALITY.
  - b. In order to strengthen my relationship with God, I have to WORK OUT.
  - c. There is no DEVELOPMENT without DISCIPLINE.

The 5 MOST Important Exercises that you need to CONSISTENTLY COMMIT to:

1. PRAYER
2. WORSHIP
3. SCRIPTURE READING
4. FASTING
5. SERVICE