

## ***Strong Training***

1 Timothy 4:1-16 – Blue Bible Page # 1175-1176

### **STRONG Training = Training in Godliness**

Training in Godliness = **FINDING** and **FIGHTING** for your **JOY** in God and the things of God

#### **What is at the heart of training in godliness?**

1. A life of growing **GRATITUDE** to God expressed in worship.
2. A life of real-world **SACRIFICE** of our lives.
3. A life of **COUNTERCULTURAL** obedience to Jesus.
4. A life of renewing you **MIND** and conforming it to Jesus.

Take delight in the LORD, and he will give you the desires of your heart. – **Psalm 37:4**

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he **rewards** those who earnestly seek him. – Hebrews 11:6