

**Stop Making Excuses –
Get Rid of Those Spiritual Love Handles**

1 Timothy 4:7-10

It's Not Worth My Time – Priorities

Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.

Richard Foster, Celebration of Discipline, 1978, Harper, 1

**Our priorities are a matter of the _____ we make.
Issue number one is between _____ and _____
work.**

1 Timothy 4:7

- **FANTASY** “godless myths and old wives’ tales”
= whatever leads a person away from the _____
of God’s Word.

1 Timothy 6:20

2 Timothy 2:16-17

- **HARD WORK** “train yourself to be godly”

“Train yourself” = _____ yourself.
The Greek word is _____ from which
we get gymnasium and gymnastics.

Hebrews 5:14

**Issue number two is between the _____ and the
_____.**

1 Timothy 4:8

So you exercise – _____?

Paul is not putting down the earthly benefits
of exercise – namely better _____
of _____.

**So you have a better quality of life –
_____?**

1 Timothy 4:8 NCV

Paul is giving Timothy the proper _____.

_____ is beneficial in both this
life and the next.

1 Timothy 4:8

_____ gave us the proper perspective this
way.

2 Peter 1:5-8

**Once we understand the value of godly _____, we
must keep it as a _____.**

The _____ is constantly under _____,
so we must work hard to keep it a priority.

1 Timothy 4:9-10

Labor = to grow _____, _____,
exhausted (with toil or burdens or grief)...to labour
with wearisome effort, to toil.

Concordance of the Bible

James Strong, *The Exhaustive*

Ephesians 4:28

1 Timothy 5:17

**This work of godliness is often _____, especially if
we are laboring and striving the way we should.**

Strive = *agōnizomai* from which we get our English
word “_____”.

Luke 13:23-25

1 Corinthians 9:24-25

Colossians 1:29

Application

**Please answer the following questions by circling Yes or
No.**

**I have at least _____ a day that I
devote to growing in Christ. – Yes No**

**I will commit to prioritizing _____ in my schedule.
Yes No**

**(Men) I will commit to Joshua’s _____
for his family and example of leadership– “As for me and
my house, we will serve the Lord.” Yes No**