

WEDNESDAY LESSON

Step Up to the Plate in 2008

Training Camp: Getting in Shape



1. Diet - Observing the do's and don'ts of living a good life.
 - a. Train yourself to be Godly. Timothy 4:7
 - b. Think about good things. Philippians 4:8-9
 - c. Fill your life with good things. This will produce a strong foundation during tough times. Luke 6:43-49
 - d. Don't just teach it. Live it! Keep yourself whipped into shape so you don't miss out on the very prize you're trying to lead others to. 1 Corinthians 9:26
2. Exercise - Applying the knowledge you've learned.
 - a. Godliness is more valuable than physical training. 1 Timothy 4:8
 - b. Things young Christians can do. 1 Timothy 4:11-13
3. Self-Discipline - Living by principles.
 - a. Get rid of things in your life that slow you down. Hebrews 12:1-2
 - b. Go into strict training that will win more than earthly prizes. 1 Corinthians 9:24-25
 - c. If you continue to add these Godly qualities to your life, you will never fall, and you will go to heaven. 2 Peter 1:3-11