



1 Timothy 4:7-16

New International Version

Don't waste time arguing over foolish ideas and silly

myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. ⁸ Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too. ⁹⁻¹⁰ This is the truth and everyone should accept it. We work hard and suffer much in order that people will believe it, for our hope is in the living God who died for all, and particularly for those who have accepted his salvation.

¹¹ Teach these things and make sure everyone learns them well. ¹² Don't let anyone think little of you because you are young. Be their ideal; let them follow the way you teach and live; be a pattern for them in your love, your faith, and your clean thoughts. ¹³ Until I get there, read and explain the Scriptures to the church; preach God's Word.

¹⁴ Be sure to use the abilities God has given you through his prophets when the elders of the church laid their hands upon your head. ¹⁵ Put these abilities to work; throw yourself into your tasks so that everyone may notice your improvement and progress. ¹⁶ Keep a close watch on all you do and think. Stay true to what is right and God will bless you and use you to help others.

“Listen to me, you wise men. We can choose the sounds we want to listen to; we can choose the taste we want in food, and we should choose to follow what is right. But first of all we must define among ourselves what is good.” Job 34:2-4

We can do everything we want to, but not everything is helpful. You first must decide what is helpful. 1 Corinthians 10:23



SERMON NOTES

What is your life?

You are a mist that appears for a little while and then vanishes.

Ja 4:14

Legacy assumes **RESPONSIBILITY**

ACCUSERS – blaming, scapegoat, victim-mentality

“People ruin their lives by their own stupidity, so why does God always get blamed?” Proverbs 19:3 (Msg)

EXCUSERS – exaggeration, defensive, habitual

“The lazy man is full of excuses. “I can't go to work!” he says. If I go outside I might meet a lion in the street and be killed!” Pr 22:13

*Whatever the hearts **desires**, the will **chooses**, the mind **justifies***

CHOOSERS – take responsibility and decide on principle

“I pray that you will fully know and understand how to make the right choices” Phil 1:9

Legacy built on **RIGHTEOUSNESS**

You call out to God for help and he helps—he's a good Father that way. But don't forget, he's also a responsible Father, and won't let you get by with sloppy living. 1 Peter 1:17

Legacy elevates **RELATIONSHIPS**

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends Jn 15:12-12