

Entering The Gymnasium Of The Soul

30 Days Toward A Higher Level Of Spiritual Maturity

Scripture Reading – 1 Timothy 4:1-10

Introduction:

- A. June 1, 2008 – the first of 30 days on a journey towards greater spiritual maturity!
- B. We see all around us the role of **training** in the eventual reaching of a goal.
- C. Discipline = determined, deliberate, definable actions with a clear goal in mind.
- D. 1 Timothy 4:6-8

I. Discipline In The Gymnasium Of The Soul

- A. *Gumnazo* (Greek) – brought to mind the athletic exercises in a gymnasium.
- B. Two key points about “conditioning” ourselves:
 - 1. Conditioning involves _____ training exercises.
 - 2. No one can _____ for someone else.
- C. The event for which Paul was coaching Timothy (and us) is _____.
 - 1. 1 Timothy 4:8; 2 Corinthians 4:16
 - 2. My training begins with my _____ – *Philippians 2:5-11; 3:1-14.*

II. “I Am Resolved”

- A. No longer to linger, charmed by the world’s delight.
- B. To go to the Savior, leaving my sin and strife.
- C. To follow the Savior, faithful and true each day.
- D. To enter the kingdom, leaving the paths of sin.