

The Tough Get Going

1 Timothy 4:6-11

When things get tough... the tough get going.

VERSE 9 (Possibly open with this or insert it between 7 & 8)

This is a faithful saying and worthy of all acceptance

- ***Faithful saying... or, a saying that has proven to be found faithful.***
- ***You can rely on this truth, tested and tried.***

Some things are open to debate but this is not one of them!

OOS, Worship style, lights vs. no lights, screens, etc.

VERSES 10-11 (***The shift from I and you to, “we”***)

VERSE 11 Command and Teach

This is Not a suggestion, with authority, but also clarity.
Don't believe it because I said it... understand it.

VERSE 10

For to this end: This is the goal, for far are you willing to go? To what end?
How far will you take this? When will it be enough? They died for this.

When will we get there? When we arrive. – You don't retire from Kingdom

Even in the midst of

1. **Labor**

- a. The idea is, when it's not just fun and games anymore.
- b. *The difference between childlike faith and childish faith.*
- c. **The church can become a social club**

2. **Suffering Reproach**

Shame, Blame, and silence - censure

Mark 15:32 “Let the Christ, the King of Israel, descend now from the cross, that we may see and believe.” Even those who were crucified with Him reviled Him.

Matthew 5:11-12 “Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. “Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

- *Daniel*
 - *Jeremiah*
 - *Elijah & Mount Carmel*
- Faithful under pressure
Hard pressed but not crushed.

Do not guard your kids from persecution, prepare them for it.

1. Furry and dear.
2. Homosexuality is not Natural (nature)

David showed up young and without his parent's guidance or was it that he was carrying his parent's guidance with him?

(Fight the giant in a way that honors the Lord)

John 17:15 "I do not pray that You should take them out of the world, but that You should keep them from the evil one.

Three ingredients that are required to allow persecution to rise

1. Cultural sympathy towards ungodly **principles**
2. Laws that silence or intimidate a **prophetic** voice
3. A government that advocates and **promotes** the control of freedom/over freedom. A government that guards immorality – hate speech. (I feel attacked)

Why keep going when the going gets tough?

It's the only option – no one else has the words of eternal life, no one comes to The Father but by Jesus.

Because we have met and know the Living God.

We are given an example of something **temporary** to help us understand something **eternal**.

Why train when it's hot out, why lift when you have calluses, why stay late?

Because of what is waiting in the end.

***The finish line is heaven, the destination is Jesus.**

The wedding aisle doesn't mean much without the bride or groom at the end.

REJECT!!! – Someone trying to reroute your directions

Profane and old wives' fables (blended mythology)

Chemist studies toxins that may be poisonous but does not allow them to be ingested.

TOWARDS: Our destination is not heaven, it is Jesus.

TOWARDS godliness... or Christlikeness (read the Gospels)

Romans 8:29b... conformed to the image of His Son...

Conformed: having the same form as another.

Team jersey, my pleasure at Chick-Fil-A

WWJD

"It's just the way I am" needs to become, I will be the way Christ is.

Exercise yourself towards godliness

Exercise: gymnasia – gymnasium or gym.

7 & 8 exercise: **with vigor**)

Some spend more time preparing for the gym than actually using it.

Towards Godliness: lean in, do the hard work, the heavy lifting

You are going to sweat, get calluses, be sore, and stink.

- Steps of faith can be intimidating and wobbly (since vs. conviction)
- Praying can take practice

Beware modern psychology and counseling

- Rejection – knock the **dust** off your feet and keep going
 - *(don't take it with you)*
- Mercy takes a lot of time on the treadmill lots of pullups
- Forgiveness is HEAVY lifting
 - He who is without sin cast the first stone.*

Philippians 2:12 Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling;

VERSE 8 -

Bodily Exercise **Profits you little...**

(Profits: Brings into your life or alongside your life.)

*Speaking of this idea of exercise, I don't want to be **LABOR** the topic but it's worth a few minutes of our time.*

Little in Time Physical gains will be lost:

Proverbs 31:30 Charm *is* deceitful and beauty *is* passing, but a woman *who* fears the LORD, she shall be praised.

Tent vs. Building – groaning off the couch

2 Corinthians 5:1-2 For we know that if our earthly house, *this* tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this we groan, earnestly desiring to be clothed with our habitation which is from heaven,

2 Corinthians 4:16 & 18 Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day.

while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.

Special needs man excited for the new bodies

1 Corinthians 15:53 For this corruptible must put on incorruption, and this mortal *must* put on immortality.

Little in category

Get stronger, faster, and more agile. It does help things.

- You can be better in sports,
- You can open jars that no one else can open
- You carry more groceries for the old lady,
- In an emergency situation, you can carry someone farther or run up stairs faster.

Physical exercise or, exertion, helps a few things but there is a very real limitation on how much it helps and how long it will be helpful.

But there is something that will make an impact on our lives and the lives of those around us that is much **more broad in its reach and everlasting in its impact.**

Vs. 8 **BUT... godliness is profitable for ALL things**

BUT... godliness is profitable for ALL things – having promise of;

1. The life that now is
2. Of that (life) which is to come

The life that now is

*Remember **profitable** means brings into your life or alongside it.*

Martial Arts, your “master” will demonstrate so that you can duplicate.

As your thoughts, actions, and reactions mimic Jesus

- Discern good from evil and evil from good
- Handle trials (*hard pressed but not crushed*)

Mark 15:39 So when the centurion, who stood opposite Him, saw that He cried out like this and breathed His last, he said, “Truly this Man was the Son of God!”

- Handle temptation (*Flee*)
- Handle arguments (*A gentle answer turns away wrath*)

We seem most interested in the here and now, but what about the then and there?

Having promise of that which is to come

This is not a gamble, it’s a guarantee.

The length of this life is like scooping a glass of water out of the ocean.

Dave Ramsey: Live like no other so that you can live like no other.

1 Corinthians 3:11-15

All we do now does not come with us (Don’t go overboard)

1 Peter 1:4 to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you,

Your Personal Trainer

It’s ok to follow parents and it’s good to have mentors but don’t ever forget it is Christ who has done all and is all you will ever need.

Vs. 10 - SAVIOR OF ALL MEN – ESPECIALLY OF THOSE WHO BELIEVE:

One lifeguard, one boat. – He can save everyone who is drowning

He is the only savior available – there are rock idols, there are ideas and philosophies as well as wishful thinking but hope don’t float. (I am hoping for the best)

ESPECIALLY those who believe.

Are you saved? How do you know?

Look... I am standing on solid ground, saved from drowning because of that lifeguard. Which one? There is only one... that one... Jesus.

S.S. Crucifixion & Resurrection

Application (Evaluation & Recommendation)

Spiritual glasses let you see the;

- Prayer warrior
- Victorious temptation fighter
- Caregiver

Look in the mirror... not with condemnation but with honesty

Search me oh Lord

If you are lifting the same weight or running at the same time now as you were a year ago it would be in your best interest to revisit your training plan.

For some, the gym is a place to hang out rather than work out

Are you a Child of God before you are anything else?

ALL THINGS - Christian first, then student, teacher, worker, spouse, etc.

Evaluation & Recommendation

Recommendation

5 exercises to enhance your spiritual growth
How do we work out... learn it, live it.

1. Bible

Lean into the Bible!

Bring it to church, read it throughout the week, and live it throughout the day
(Notes & Bibles)

Take a few morning laps and swim through the Psalms

Lift a few proverbs

Walk through the Gospels.

2. Prayer Life

Grab onto your prayer life... I don't care if it's just a 5lb dumbbell. Lift it.

3. Reconciliation & Forgiveness – One more rep

Forget what you deserve and do what God desires.

Modern Psychology and Counseling.

He who is without sin may cast the first stone.

4. Godly Relationships

(This is not an individual sport like golf)

Find one or at the least, be one.

5. **Discernment**

They don't get to tell you it's ok. **What is the Holy Spirit leading you to do?**
What is the Lord doing in your life?

You may have to figure out how to do it, but God will shine a light on what to do.

- Church work over time with wife
- Need you to adjust your role in their life... be there, talk more.

Conclusion

The beauty of church... like a gym.

Everyone is going to the gym for the same purpose. Approach it differently, at different stages in their journey... but all lifting the same weights, all running on the same machines, all working towards the same goal – Jesus!

To this end we labor and suffer reproach

Mt. Whitney – altitude sickness

Romans 8:18 For I consider that the sufferings of this present time are not worthy *to be compared* with the glory which shall be revealed in us.

Galatians 6:7-9