



Sermon Notes – January 21, 2024

ACLOSERWALK Series
Cross Training!

1 Timothy 4:7–8
Pastor Jerry L. Birch

Opening Verse:

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (1 Timothy 4:7–8 NIV)

1. **Share In the Suffering with Christ!** (1 Timothy 2:3)
 - a. You're a soldier! (2 Corinthians 10:3 – 4)
 - b. Are you fighting the good fight? (1 Timothy 6:1-10 – 12)
2. **Stay Focused! Avoid Distractions!** (2 Timothy 2:4a)
 - a. It's about your love life! (1 John 2:15 –17)
3. **Aim to Please God not Yourself!** (2 Timothy 2:4b)
 - a. It's about your faith! (Hebrews 11:1 – 6)
 - b. Obedience better than sacrifice! (1 Samuel 15:21–22)
4. **Play the right way** (2 Timothy 2:5)
5. **Put in the Work** (2 Timothy 2:6)
 - a. “Hard-Working” = “Labor to the point of exhaustion”

Closing Verse: Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory.

(Colossians 3:1–4)

KEY PASSAGE FOR TODAY'S MESSAGE
2 Timothy 2:3–7

Share in suffering as a good soldier of Christ Jesus. ⁴ No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him. ⁵ An athlete is not crowned unless he competes according to the rules. ⁶ It is the hard-working farmer who ought to have the first share of the crops. ⁷ Think over what I say, for the Lord will give you understanding in everything.

SUPPORTING PASSAGES FOR TODAY'S MESSAGE

Philippians 3:10 I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death,

1 John 2:15–17 Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶ For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world. ¹⁷ The world and its desires pass away, but the man who does the will of God lives forever.

1 Samuel 15:21–22 The soldiers took sheep and cattle from the plunder, the best of what was devoted to God, in order to sacrifice them to the Lord your God at Gilgal.” ²² But Samuel replied: “Does the Lord delight in burnt offerings and sacrifices as much as in obeying the voice of the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams.

Remember these wise words of Jerry Bridges; “Farming is a joint venture between God and the farmer. The farmer cannot do what God must do, and God will not do what the farmer should!”