



TRAINING IN GODLINESS



Personal Training Schedule & Notepad



STUDYWEEK TWENTY-TEN

My Training Guide:

- Find a quiet place.
- Clear my mind.
- Pray, it's like air. It's essential while training.
- Stretches, flex my mind and think about today's goal.
- Don't kid myself. I can't be a marathon runner in a day. How can I make this long term goal achievable?
- Ask others about their training. Can I use any of their techniques?



Be Pure...

1 Tim 1

Train to be Pure...

Pure: Clean, wholesome, untainted, uncontaminated

Definition:

(Strong's) 'clean or clear'

(Dictionary) 'not mixed with any other substance'

Practical application:

You're on your way home with your girlfriend/boyfriend. It's late and you're alone in the car. How do you be pure?

We are confronted with impure thoughts and images every day in the workplace, at school, TAFE, uni, maybe even amongst our friends. The challenge is to keep the mind active on pure things. How do YOU do this? How does God view purity? Psa 24:4-5; Matt 5:8



Stretches

Reading: Genesis 39 – Joseph’s example of keeping pure

How is the idea of purity shown in this passage?

In what ways can this be shown?

How can this be part of my life?

What challenges does it bring?



Today's Training Goal:

My commitment to be 'Pure'

To be more Pure I will:

As I train today I might be distracted by:

To help me with this I will:

My training will be easier as a team. To benefit others and myself I can:

Warm Down

Think and Pray



Be Prayerful...

1 Tim 2

Train to be Prayerful...

Prayerful: Petitioning, entreating, beseeching, imploring

Definition:

(Strong's) 'to pray to God. Supplicate or worship'

(Dictionary) 'inclined or given to praying frequently';
'devout'

Practical application:

How do you respond to every situation in life?

- A car accident,
- Unexpected help,
- An opportunity to preach,
- A really hard decision.

Being prayerful is being 'full of prayer', constantly communicating to your Creator in any situation.



Stretches

Reading: James 5

How is the idea of prayerfulness shown in this passage?

In what ways can we show this?

How can this be part of my life?

What are the challenges it brings?



Today's Training Goal:

My commitment to be 'Prayerful'

To become more Prayerful I will:

As I train today I might be distracted by:

To help me overcome this I will:

My training will be easier as a team. To benefit others and myself I can:

Warm Down

Think and Pray



Be a good Role Model...

1 Tim 3

Train to be a good Role Model...

Role Model: Example, looked up to

Definition:

(Strong's) '1 Tim 4:12 'example' a stamp or seal'

(Dictionary) 'a worthy person who is a good example for other people'

Practical application:

Remember being little and looking up to the older ones thinking how cool they were? That's you now! What do the little ones look up and see now in you? Jesus?

What do the young ones see you doing when you get together with your mates? What impression are you leaving on them? Are you reflecting the character of Christ in your actions or do they see pride, arrogance, a drunk, a liar, selfishness or doing only what you want?



Stretches

Reading: 2 Chronicles 29

How is the idea of being a good role model shown in this passage?

In what ways can we show this?

How can this be part of my life?

What are the challenges it brings?



Today's Training Goal:

My commitment as 'a Good Role Model'

To become a good role model I will:

As I train today I might be distracted by:

To help me with this I will:

My training will be easier as a team. To benefit others and myself I can:

Warm Down

Think and Pray



Be Disciplined...

1 Tim 4

Train to be Disciplined...

Disciplined: Closely controlled, restricted

Definition:

(Dictionary) ‘training designed to teach proper conduct or behaviour in accordance with rules’

Practical application: Remember the verse that sounds like Dr. Seuss, “For the good that I would I do not: but the evil which I would not, that I do” *Rom 7:19*.

In other words, I do a lot of things I know I shouldn’t.

Does God like my hobby, the movie I watch, the book I’m reading, the lyrics in the music I listen to or what I do in my spare time? Do I enjoy these things too much to stop doing them?

Discipline happens over time. Start with changing one.



Stretches

Reading: Luke 4 – Jesus’s temptation

How is the idea of being disciplined shown in this passage?

In what ways can we show this?

How can this be part of my life?

What are the challenges it brings?



Today's Training Goal:

My Commitment to be 'Disciplined'

To become more disciplined I will:

As I train today I might be distracted by:

To help me with this I will:

My training will be easier as a team. To benefit others and myself I can:

Warm Down

Think and Pray



Be Selfless...

1 Tim 5

Train to be Selfless...

Selfless: Unselfish, self-sacrificing

Definition:

(Dictionary) 'to be unselfish, thinking of others above yourself'

Practical application:

Selfless – having less of self. Easy to say, hard to do.
Jesus did this his whole life.

Think of all the time you give to yourself, TV, eBay, face book, YouTube. What about the sick sister, the lawns at the hall, the friend who actually needs a friend, writing a card to someone, helping someone, or just dropping in to say hello? Have you done any of these lately?

Whatever the situation, there is always someone who needs your help, and one day that someone will be you. On that day what would we like others to do for us?



Stretches

Reading: Luke 10:25-42

How is the idea of being selfless shown in this passage?

In what ways can we show this?

How can this be part of my life?

What are the challenges it brings?



Today's Training Goal:

My Commitment to be 'Selfless'

To become more selfless I will:

As I train today I might be distracted by:

To help me overcome this I will:

My training will be easier as a team. To benefit others and myself I can:

Warm Down

Think and Pray



Be Content...

1 Tim 6

Train to be Content...

Content: Happy, satisfied, comfortable, pleased

Definition:

(Strong's) 'self complacent'

(Dictionary) 'having ones desire limited to what one has; satisfied'

Practical application:

Are you content? Whether yes or no, you have a lot more than many people around the world. Wanting more only clutters our goal of being Godly.

Ever wanted the latest phone, clothing, iPod, car, holiday? Do we want it so much it becomes our whole focus?

Take a step back and look at all you have and try giving the \$300 you were going to spend on a new iPod, to 'Agape in Action' and support a child in need for a year. Be satisfied with the clothes you have and give the \$90 to the ACBM and send a kid to a youth conference. Keep things in perspective and remember Godliness, not materialism, brings on contentment.



Stretches

Reading: Philippians 4

How is the idea of being content shown in this passage?

In what ways can we show this?

How can this be part of my life?

What are the challenges it brings?



Today's Training Goal:

My Commitment to be 'Content'

To become more content I will:

As I train today I might be distracted by:

To help me overcome this I will:

My training will be easier as a team. To benefit others and myself I can:

Warm Down

Think and Pray-





Keep Training at home each week!

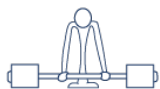
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Be Pure	Be Prayerful	Be a Good Role Model	Be Disciplined	Be Selfless	Be Content	Review & Make Changes
How Can I Today?	How Can I Today?	How Can I Today?	How Can I Today?	How Can I Today?	How Can I Today?	

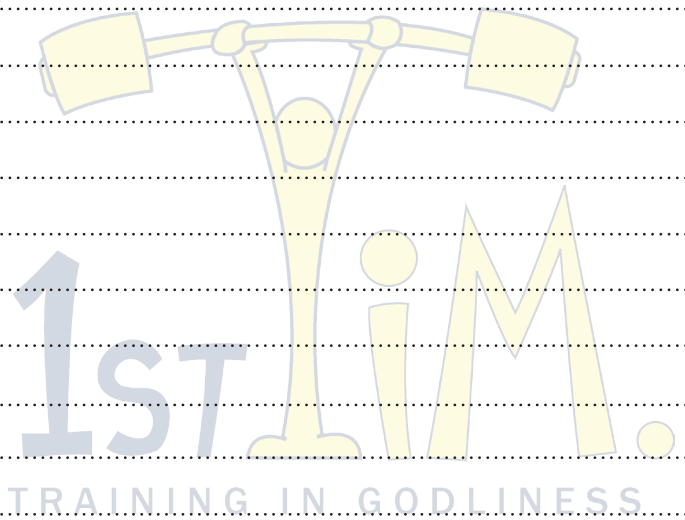




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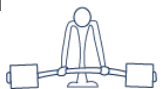
'Today I am thankful for _____'





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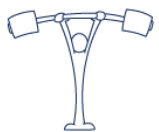
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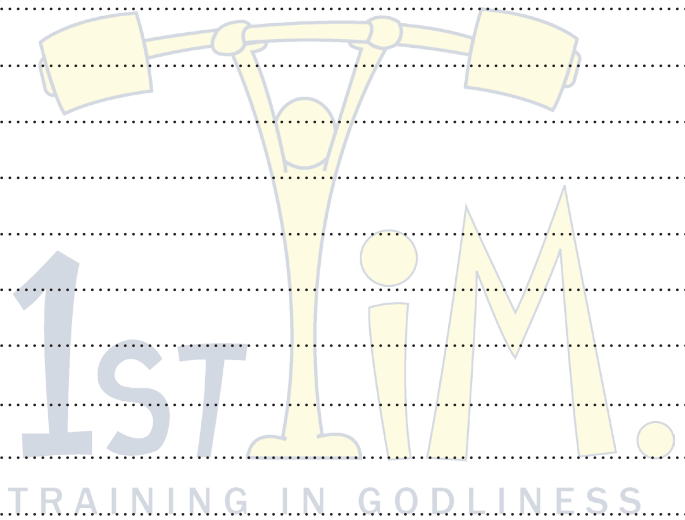




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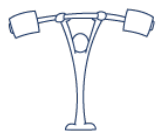
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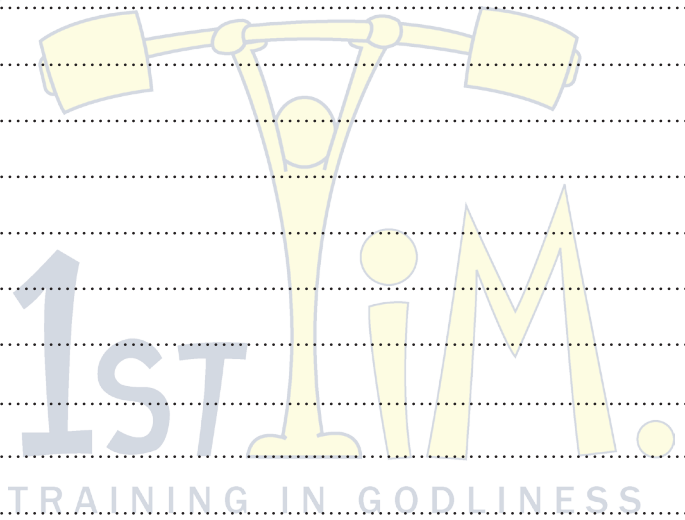




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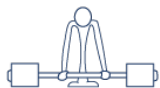
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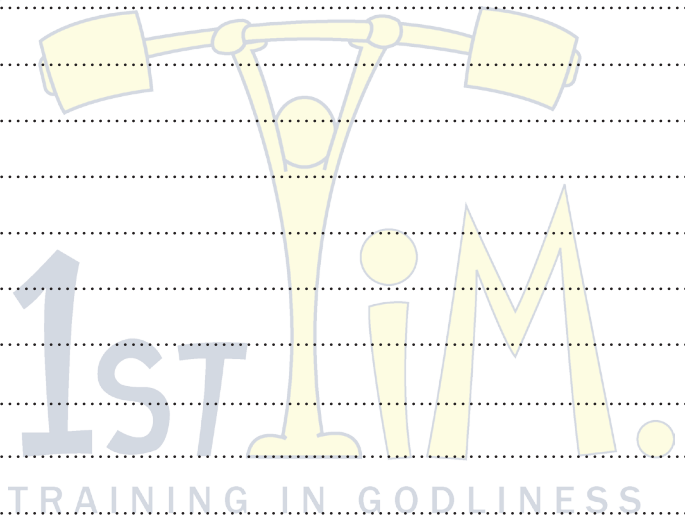




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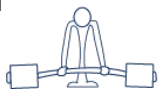
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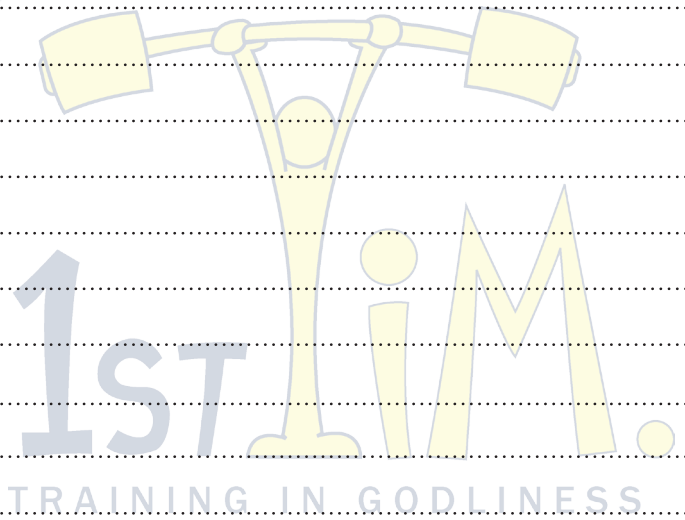




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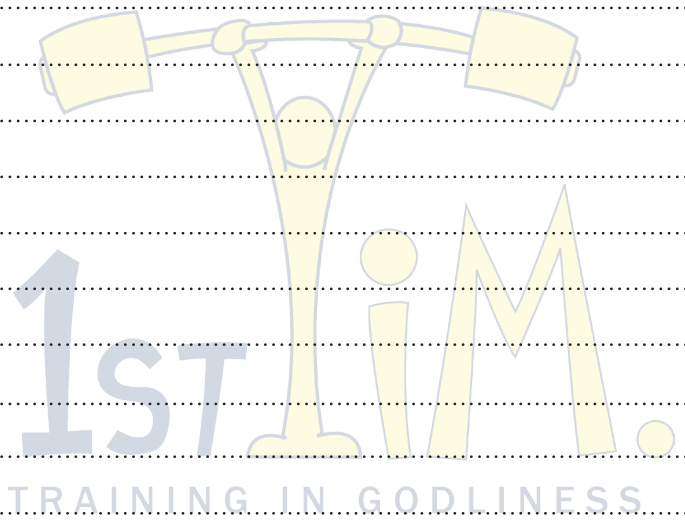




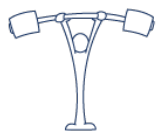
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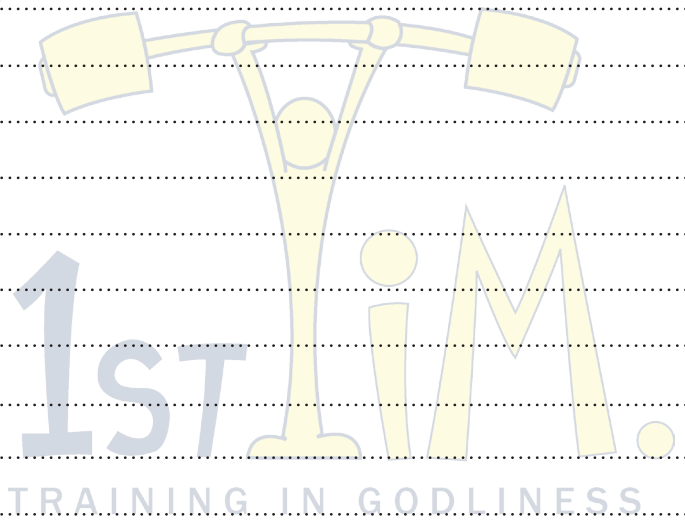




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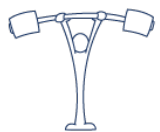


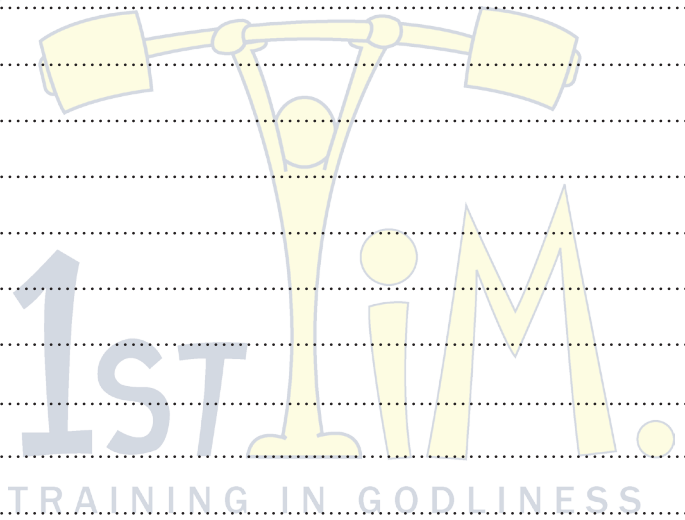
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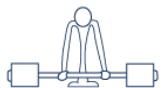
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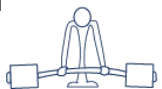
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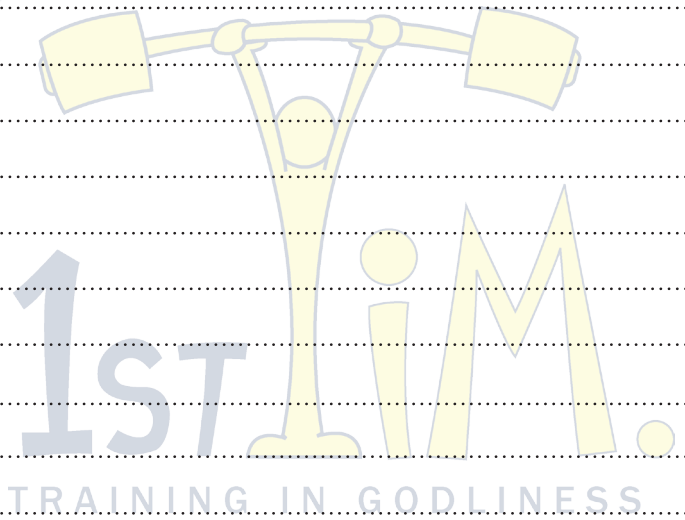




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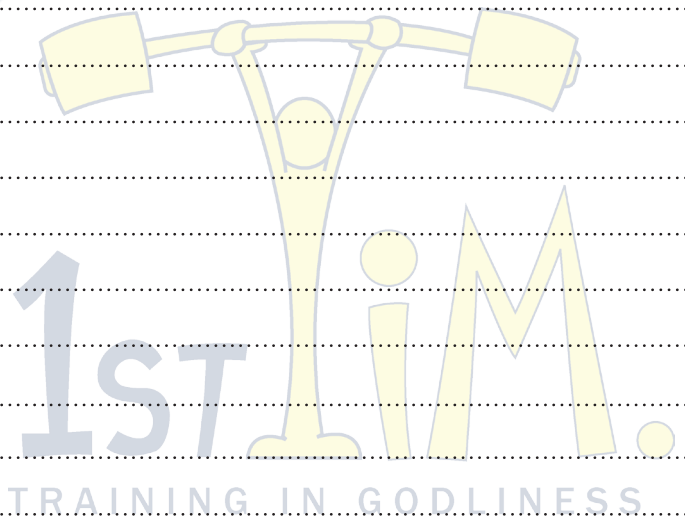




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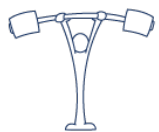
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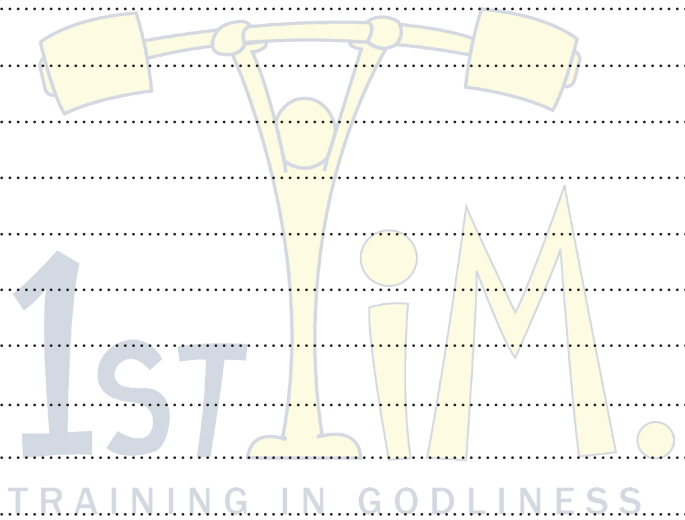




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