



GROWING UP

flourishing wherever you find yourself

LIFE'S GREATEST PURSUIT

If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed. Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 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.

This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. – 1 Timothy 4:6-10

GROWING UP
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DEFINING THE PURSUIT OF GODLINESS

GROWING UP
FROM THE

DEFINING THE PURSUIT OF GODLINESS

1. Radically transformation of my life – 2 Peter 1:4

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DEFINING THE PURSUIT OF GODLINESS

1. Radically transformation of my life – 2 Peter 1:4
2. We are seeking to have a our life reflect the character and person of Jesus
3. Value and pattern of living

GROWING UP
FROM THE

GOOD NUTRITION – KNOW AND STUDY GOD'S WORD

**APPARENTLY,
YOU HAVE TO EAT HEALTHY MORE
THAN ONCE TO GET IN SHAPE.
THIS IS CRUEL AND UNFAIR.**



**GROWING UP
FROM THE**

GOOD NUTRITION – KNOW AND STUDY GOD'S WORD

1. Scripture needs to be the most dominant and constant voice in our life

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GOOD NUTRITION – KNOW AND STUDY GOD'S WORD

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2. Scripture gives us perspective in life

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GROWING UP
PROMISING OF



GOOD NUTRITION – KNOW AND STUDY GOD'S WORD

1. Scripture needs to be the most dominant and constant voice in our life
2. Scripture gives us perspective in life
3. Transformation begins with the transformation of our minds.

GROWING UP
FROM THE

GOOD NUTRITION – KNOW AND STUDY GOD'S WORD

1. Scripture needs to be the most dominant and constant voice in our life
2. Scripture gives us perspective in life
3. Transformation begins with the transformation of our minds.
4. Feeding on the word is our fuel for godliness

GROWING UP
FROM THE

WORKOUT PLAN – TRAINING FOR GODLINESS

1. Training means developing habits and practices that will transform you

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WORKOUT PLAN - TRAINING FOR GODLINESS

1. Training means developing habits and practices that will transform you
2. Dallas Willard writes that "as disciples, we are not trying to be different people, but we are training to be different people."

GROWING UP
FROM THE

RESISTANCE TRAINING

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1. Getting a rid of any hindrances in our life that would inhibit us from pursuing this goal.

GROWING UP
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RESISTANCE TRAINING

1. Getting a rid of any hindrances in our life that would inhibit us from pursuing this goal.
2. In order to fulfill our God-given purpose and potential, we must deny ourselves things that would hinder us or weigh us down.

GROWING UP
FROM THE

RESISTANCE TRAINING

1. Getting a rid of any hindrances in our life that would inhibit us from pursuing this goal.
2. In order to fulfill our God-given purpose and potential, we must deny ourselves things that would hinder us or weigh us down.
3. Run your race to win. To win the contest you must deny yourselves many things that would keep you from doing your best." (1 Corinthians 9:24-25)

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4. "Does this help me run to Jesus"

GROWING UP
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STRENGTH TRAINING/CORE EXERCISES

GROWING UP
FROM THE

STRENGTH TRAINING/CORE EXERCISES

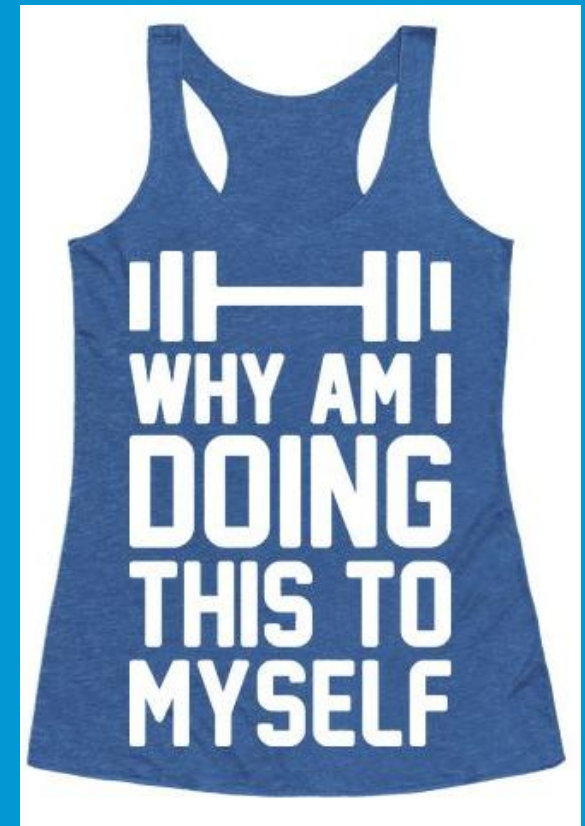
Training is marked by the word discipline.

GROWING UP
FROM THE

STRENGTH TRAINING/CORE EXERCISES

1. Discipline is an ongoing process, not a quick fix.

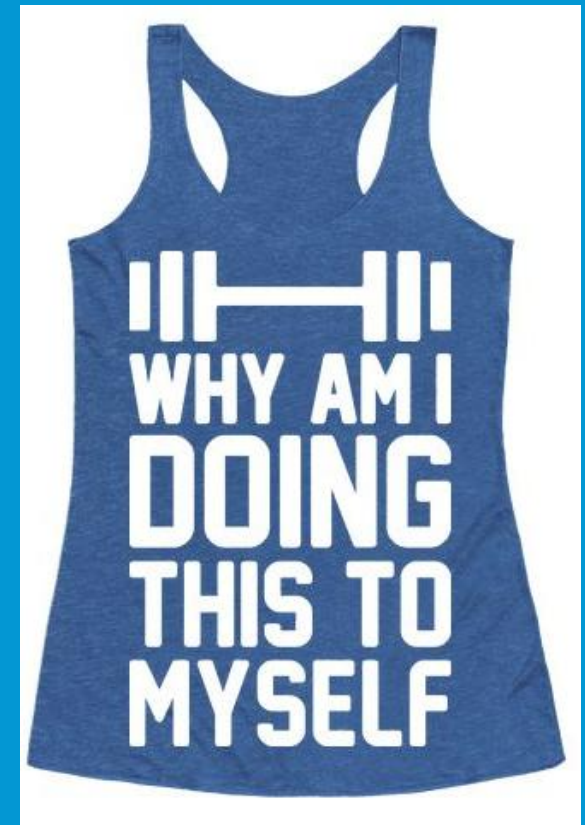
GROWING UP
FROM THE



STRENGTH TRAINING/CORE EXERCISES

1. Discipline is an ongoing process, not a quick fix.
2. Discipline involves hard work.

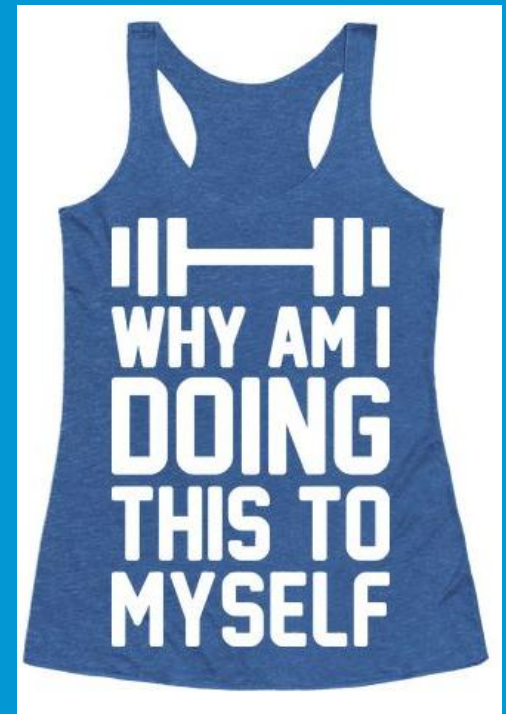
GROWING UP
FROM THE



STRENGTH TRAINING/CORE EXERCISES

1. Discipline is an ongoing process, not a quick fix.
2. Discipline involves hard work.
3. Discipline requires that we build godly habits.

GROWING UP
FROM THE



THE BENEFITS OF TRAINING

It is valuable in the home, the church, and the marketplace. It is valuable both in times of trouble and in times of prosperity. It helps a person deal with enemies as well as friends. Godliness is never superfluous. It guides the believer in every situation.

- Phillip Ryken

GROWING UP
FORMING OF

THE BENEFITS OF TRAINING

1. Godliness gives our lives purpose.

GROWING UP
FROM THE

THE BENEFITS OF TRAINING

1. Godliness gives our lives purpose.
2. Godliness has eternal rewards

GROWING UP
FROM THE

THE MOTIVATION FOR TRAINING

There must be a larger goal in mind than simply being disciplined for discipline's sake. There must be another motivator, a goal, or something in which the person hopes.

GROWING UP
FROM THE

THE MOTIVATION FOR TRAINING

1. We place our hope in God and not ourselves

GROWING UP
FROM THE

THE MOTIVATION FOR TRAINING

1. We place our hope in God and not ourselves
2. Godliness is rooted in God's grace

GROWING UP
FROM THE