

## From My Gut

“From My Gut about Personal Growth” – 1 Timothy 4:7-8

August 4, 2013

### Current Sermon Series

FROM MY GUT		
A 3-Week Series from the Gut of Your Pastor		
Date	Message Title	Bible Text
Aug 4	From My Gut about Personal Growth	1 Timothy 4:7-8
Aug 11	From My Gut about Being a Presence Based Church	
Aug 18	From My Gut about Marriage	

### Today's Key Question

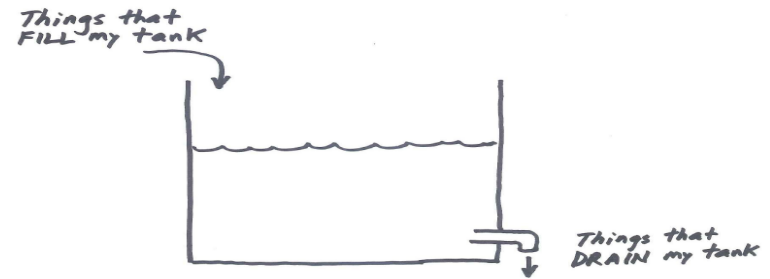
- Do you have a plan for your \_\_\_\_\_?
- What is your plan?
- **Mark 12:28-31**
- Do you have a plan to grow as a person in loving God, others, and self?
- Key areas of a personal growth plan:

Area of My Life		Plan for Growth
Love God with...	Heart (emotional life)	
	Soul (spiritual life)	
	Mind (intellectual life)	
	Strength (body health life)	
Love neighbor	Relationships	
Love self	Personal being	

### Diagramming Mark 12:31 (The Love Grid)

High love for other person	I	WELCOME MAT	II	HEALTHY BIBLICAL LOVE FOR NEIGHOR AND SELF
	III	WORLD WAR III	IV	WORLDLY SELFISHNESS
		Low love for self		High love for self

### Wayne Cordeiro's Tank Illustration



- **Application #1** – Lord, with Your help, I want to live a life where my tank is filling more than it's draining. I want to overflow to others for Your glory.
  - THINGS THAT FILL MY TANK ARE:
    - 1.
    - 2.
    - 3.
    - 4.
    - 5.
    - 6.
  - THINGS THAT DRAIN MY TANK ARE:
    - 1.
    - 2.
    - 3.
    - 4.
    - 5.
    - 6.
- **Application #2** – I recognize that THE most substantial tank-filler is relating to God (Isaiah 55:1-3a; Matthew 4:4; 6:33). Therefore, I will discover for my personality type what is the most effective way for me to listen to and talk to God, and I will do so on a daily/regular basis.

### Insights from 1 Timothy 4:7-8

1. There is value to \_\_\_\_\_ exercise – namely, a healthier body now.
2. There is even greater value in training for \_\_\_\_\_ because it reaps benefits both in this life and in eternity.
3. There is an analogy between exercise training and training for godliness.
  - The Greek word for “train yourself” (v.7) is *gumnazo* from which we get our English word “\_\_\_\_\_.” In other words, Verse 7 is saying, “Go to the spiritual gym! Get off the couch and go to the spiritual gym to train for godliness.”
  - John Maxwell: “Motivation gets you going, but discipline keeps you growing.”
4. The opposite of “training yourself to be godly” is pursuing “godless myths and old wives’ tales” (unholy fables, spiritual junk food; tales that old women tell to children but that are not fitting for strong young men who are training themselves). The point: Avoid spiritual “junk food” (Hebrews 5:11-14).

## Some Inspirational Quotes about Personal Growth

- John Maxwell: “You will never change your life until you change something you do \_\_\_\_\_.”
- Jim Rohn: “If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us.”
- John Maxwell: “If you want to reach your potential and become the person you were created to be, you must do much more than just experience life and hope that you learn what you need along the way. You must go out of your way to seize growth opportunities as if your future depended on it. Why? Because it does. Growth doesn’t just happen. You have to go after it!” (the frog riddle)
- John Maxwell: “Study the lives of the great people who have made an impact on the world, and you will find that in virtually every case, they spent a considerable amount of time alone thinking. A minute of thought is worth more than an hour of talk.”
- Charlene Armitage: “Life goals are reached by setting annual goals. Annual goals are reached by reaching daily goals. Daily goals are reached by doing things which may be uncomfortable at first but eventually become habits. Habits are powerful things. Habits turn actions into attitudes, and attitudes into lifestyles.”
- Harvey Firestone Jr: “Today is when everything that’s going to happen from now on begins.”
- Mother Teresa: “Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.”
- George Elliot: “It’s never too late to be what you might have been.”
- Robert Schuller: “What would you attempt if you knew you couldn’t fail?”
- Norman Vincent Peale: “Ask the God who made you to keep remaking you.”
- John Maxwell: “If you want to keep giving, you have to keep \_\_\_\_\_.”

## Jim’s Personal Growth Plan

1. \_\_\_\_\_ with the Lord in worship, Word, and prayer... plus practicing His Presence as a lifestyle.
2. Daily exercise and calorie math.
3. Weekly \_\_\_\_\_ including many of my tank-filling activities.
4. Weekly date with Lisa. Almost daily dinners as a family.
5. Weekly corporate worship (church, serving).
6. Weekly people habits (small group, accountability).
7. Weekly reading (audio listening) and yearly saw-sharpening conference.
8. Weekly work habits and priorities.
9. Weekly financial accounting and “Financial Peace” practices.
10. Yearly vacation including a “Just the Two of Us” component.
11. Yearly \_\_\_\_\_.

## Books That I’ve Read This Year

<i>Book Title</i>	<i>Author</i>	<i>Subject</i>
Deep and Wide	Andy Stanley	Creating churches that unchurched people love to attend
The Presence Based Church	Terry Tekyl	Being a church where God is the #1 customer
7 Men	Eric Metaxas	Short biographies of 7 great men
One Thing	Sam Storms	Developing a passion for the beauty of God
7 Commitments of a Forerunner	Mike Bickle	Being a modern day John the Baptist
Spiritual Leadership	O. Sanders	Biblical leadership principles for spiritual leadership
The 7 Habits of Highly Effective People	Stephen Covey	Personal growth habits
The Purpose Driven Life	Rick Warren	Study of our 5 purposes that glorify God
The 15 Invaluable Laws of Growth	J. Maxwell	Principles for personal growth
The Knowledge of the Holy	AW Tozer	Study of the attributes of God
Quiet	Susan Cain	The power of introverts in a world that can’t stop talking
Defining Moments	Willowcreek	Monthly audio leadership journal

- Charlie Tremendous Jones: “You are the same today that you are going to be five years from now except for two things: the people with whom you associate and the books you read.”

**Application #3** – With God’s help and leading, I will develop and live a personal growth plan that helps me maximize love for God, others, and self.

## An Exhortation about Planning

- Planning is biblical (Proverbs 6:6-11; 16:3; Luke 14:28-32; 2 Corinthians 9:7) but an over-emphasis and reliance on planning can easily lead to a fleshly self-reliance. Do all planning with your heart surrendered to the Lordship of Jesus Christ. Hold plans loosely. Trust the Lord. Be willing to change any plans and move spontaneously in response to God’s Spirit.
- The greatest personal growth plan ever is \_\_\_\_\_ (Matt 6:33), following His leadership, and signing up for His growth school!
- Don’t use planning to make your flesh stronger! Rather use your time on earth strategically to prepare your soul and spirit for eternity. Strengthen your inner man. Train yourself for godliness which has value forever!
- Song *10,000 Reasons*: “And on that day when my strength is failing. The end draws near and my time has come. Still my soul will sing Your praise unending. Ten thousand years and then forevermore.”

## Questions to Discuss with My Spouse, Family, or Small Group

1. Which quadrant of the Mark 12:31 “Love Grid” would you say that you are living in?
2. Read 1 Timothy 4:7-8 and discuss its meaning and applications using these notes. Share your applications with one another and pray for each other.