

## **God's Gym**

1 Timothy 4:6-11

**Proper nourishment – God's training table (vs. 6-7a)**

**God's warning label (vs. 7a)**

**Personal discipline (vs. 7b-8)**

**Powerful exercise (vs. 10-11)**

**The challenge: Don't leave it on the field. Run the race to win, fixing your eyes on Jesus.**