

***“Where Is Your Church Going?” Series from I Timothy***  
***Lesson Nine: “The Profile of a Healthy Believer”***  
***I Timothy 4:7-16***  
*Conquerors Sunday School Class – Sunday, August 21, 2022*

*Our Lesson’s Theme Verse is found in this passage of Scripture...*  
***“For bodily exercise profiteth little: but godliness is profitable unto all things,  
having promise of the life that now is, and of that which is to come.”***

**I Timothy 4:8**

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*Today’s Lesson Thought can be summed up in this one Question...*  
***“Am I Living Continually In The Doctrine And Faith That I Have Been Taught From The Word Of God?”***  
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**Lesson: ‘The Profile of a Healthy Believer’**

I : Exercise Ambitiously

A: A Right Focus

- I Timothy 4:7a, Hebrews 12:2-4, Matthew 6:19-21

B: A Disciplined Program

- I Timothy 4:7b-10, II Peter 1:1-4, Philippians 3:7-14, II Corinthians 13:5, Hebrews 10:23-25, Job 5:17, Proverbs 3:12, Hebrews 12:5-13, Hebrews 5:12-14
  - 1: We must realize, first of all, that the Lord Jesus Christ is our Source of strength and stamina to live a good and godly life in a dark world of sin!
  - 2: Stay in The Book so as to increase your knowledge of Jesus Christ, who alone, is the personification of holiness and godliness!
  - 3: We must each realize that we have not yet ‘*arrived*’ and that we need to identify those areas of spiritual concern and development in our lives!
  - 4: Find yourself another brother or sister in Christ that you can encourage and they can encourage you in growing for the Lord on a daily basis!
  - 5: We must come to realize that when we choose to disobey God’s commands and ‘*do our own thing*’ instead of following God’s plan for our lives, God disciplines and chastens His children!
  - 6: Lastly, we must come to realize that we need to develop and strengthen our ability to discern good from evil, which comes only through our consistent studying of the Word of God!

II : Live Consistently

- I Corinthians 9:14, I Timothy 4:11-12, Hebrews 13:17

A: A Youthful Dilemma

B: A Godly Example before the people

III : Diet Faithfully

A: A Tragic Loss

- I Timothy 4:13, Acts 20:28, Psalm 119:89

B: A Valuable Practice

- I Timothy 4:13

IV : Serve Actively

A: A Wasted Resource

- I Timothy 4:14

B: A Challenging Reminder

- I Timothy 4:15

V : Evaluate Carefully

- I Timothy 4:16

### **Conclusion:**

So let me ask you today, dear child of God...do you have *'The Profile of a Spiritually Healthy Believer'*, or are you lacking in some of these areas?

If we evaluate ourselves honestly, every child of God will find that we fall so short of where we need to be, don't we?

But the tragedy is not in falling short, but rather in the decision to do nothing about it!

Child of God, let's determine today to exercise our faith ambitiously, to live consistently, to diet upon the Word of God faithfully, to actively serve the Lord with gladness of heart, and to regularly evaluate ourselves to see and know that we are indeed continuing in the doctrine that we have been taught, ***"...for in doing this thou shalt both save thyself, and them that hear thee."***