

1 Timothy 4:7-11 NLT

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers. Teach these things and insist that everyone learn them.

Spiritual training is essential for winning at life!

Strengthens our connection to Christ

John 15:5 NLT

Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

Philippians 4:13 NLT

For I can do everything through Christ, who gives me strength.

Deepens our understanding of God

Ephesians 3:16-19 NLT

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Aligns our entire being

1 Thessalonians 5:23 CEV

I pray that God, who gives peace, will make you completely holy. And may your spirit, soul, and body be kept healthy and faultless until our Lord Jesus Christ returns.

Response

I'm learning how to win!