

4. _____

15 For I have given you an example, that you should do as I have done to you.

16 Most assuredly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. 17 If you know these things, blessed are you if you do them. John 13:15-17

Living Notes



Two Kinds of Service

1st Kind:

2nd Kind:

Key Notes:



Memory Verse

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

I Timothy 4:8



Pastor Frank Bolella

Living Word Community Church

"Preaching and Teaching God's word with authority and without apology."

Cross Training

I Timothy 4:8-11

Four Great Reasons To Cross Train

1. _____

If you have raced with people and are worn out, how will you compete with horses? If you fall down in an open field, how will you survive in the forest along the Jordan?
Jeremiah 12:5

2. _____

Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. 41 Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak."
Matthew 26:40-41

3. _____

So He said to them, "This kind can come out by nothing but prayer and fasting."
Mark 9:29

4. _____

24 Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it*. 25 And everyone who competes *for the prize* is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for* an imperishable *crown*. 26 Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air. 27 But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified. I Corinthians 9:24-27

The Four Big Cross Training Disciplines

1. _____

- a.
- b. Bible Meditation
 - 1. What is God saying in this passage of scripture?
 - 2. What is God saying to me in this passage of scripture?
 - 3. What must I do to conform my life to this passage of scripture?
- c.
- d.

2. _____

Three Types of Prayer

C Prayer

C Prayer

C Prayer

3. _____

Worship is _____.

Worship is _____.

Worship is _____.