

PURSUING WHAT MATTERS MOST IN 2019

1 Timothy 4:1-16

January 6, 2019

Pay close attention to your life and your teaching; persevere in these things....

– 1 Timothy 4:16 HCSB

SORTING OUT WHAT MATTERS MOST:

1. I need to be a positive example at work, in my neighborhood, and in my friendships.

Make it your goal to live a quiet life, minding your own business and working with your hands, just as we instructed you before. Then people who are not believers will respect the way you live, and you will not need to depend on others. – 1 Thessalonians 4:11-12 NLT

2. I have important roles in my family to serve, lead, provide, and protect.

But if anyone does not take care of their relatives, especially the members of their own family, they have denied the faith and are worse than an unbeliever – 1 Timothy 5:8 GNT

...use your freedom to serve one another in love. – Galatians 5:13 NLT

...husbands ought to love their wives as they love their own bodies.... No one hates his own body but feeds and cares for it.... – Ephesians 5:28-29 NLT

3. I must love and care for myself if I am to love and serve God and others.

Physical training is good.... – 1 Timothy 4:8a NLT

No one hates his own body but feeds and cares for it, just as Christ cares for the church. – Ephesians 5:29 NLT

4. I belong to God's family and need to pursue deeper relationships and opportunities to serve others.

Someone told Jesus, "Your mother and your brothers are standing outside, and they want to see you." Jesus replied, "My mother and my brothers are all those who hear God's word and obey it." – Luke 8:20-21 NLT

Be an example to show the believers how they should live. Show them by what you say, by the way you live, by your love, by your faith, and by your pure life. – 1 Timothy 4:12 ERV

- Loneliness has become epidemic in American culture today.

- The average American has only one close friend, and 75% report being unsatisfied with current relationships.
- 25% of Americans do not have even one confidante in their lives.
- Loneliness reduces life expectancy as much as smoking 15 cigarettes a day and is nearly as damaging as severe obesity or alcoholism. It increases the likelihood of cognitive dysfunction, Alzheimer's, heart disease, depression and suicide. (According to studies reported in the *American Sociological Review*)

All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals together (including the Lord's Supper), and to prayer. – Acts 2:42 NLT

Remember touse the gift you have.... Continue to do these things. Give your life to doing them. – 1 Timothy 4:14-15 ERV

5. I belong to God and need to pursue intimacy with Him.

But teach yourself to be devoted to God. Training your body helps you in some ways. But devotion to God helps you in every way. It brings you blessings in this life and the future life too. – 1 Timothy 4:7-8 ERV