

Living an Excellent Life
The Gymnasium of the Soul
I Timothy 4:7, 8

Many of you remember a guy named Tom Landry. He was the former great Hall of Fame coach for the Dallas Cowboys. One day a reporter asked him how to build a winning team. His answer was, "My job is to get men to do what they didn't want to do, in order to achieve what they've always wanted to achieve." What did they want? They wanted to win a Super Bowl. What were they not willing to do? They were not willing to do the hard work necessary to get there. Achieving greatness requires discipline-determined, deliberate, daily, definable actions with a clear goal in mind.

Today we will tear apart the scriptures to learn how to achieve what we all want, spiritual abundance that manifests itself into earthly abundance.

Our workout entails . . .

I. _____

A. Building a repetitive exercise for my mind in order for it to work in an _____ Godly reflex.

1. It turns game winning abilities into _____.

2. _____ or _____?

3. Game winning habits:

a. _____

b. _____

II. _____

A. Have a clear understanding that nobody else can _____ for you.

1. You cannot find in the phone book . . .

a. " _____ "

b. " _____ "

2. You can't worry about _____ else.

a. _____

b. _____

c. _____

d. _____

3. Disciplines are shaped from the _____ out.

III. _____

A. Our achievement in training holds the promise for the _____ and the life to _____. v.8

1. Not _____ perfection. Romans 7

2. Not _____.

3. It's a cessation of self-centeredness in order to become _____.

Training Yourself to Achieve

Why should I train?

1. To become more like _____.

2. To create a lifestyle, in the Spirit, that governs my every day _____.

3. To become the Godly person that the Lord desires me to become so that He can take _____ in pouring out His blessing upon me.