

FUEL FOR THE JOURNEY – Week 6

1 Timothy 4:7-8

- Christianity is often confused with humanitarianism since both focus on helping humans.
- If you don't understand the difference, you will identify a person as a Christian because they do good things for others, when in reality, they may have no personal relationship with Christ. All Christians are humanitarian, but all humanitarians are not necessarily Christian.
- When spiritual exercises are blended into your daily life, they will build your total relationship with God and help you release far more profound Spirit-generated virtues called "fruit of the Spirit."

Kindness: gentleness ... in contrast to being harsh or austere.

Goodness: having a disposition to show complete goodness, that you will take risks to correct, or even rebuke, others to help them.

1. WHAT "MUSCLE" CAN STEWARDSHIP BUILD?

- Our top anxiety-producers are time and money.
Mark 10:45 NLT "[Jesus] came **not** to be served but to serve others and to **give his life** as a ransom for many."
- Having His heart for sacrifice is crucial when managing these two areas of your life.
- Time is the stuff our days are made of.
James 4:14b "You are a mist that appears for a little while and then vanishes"
- You need some time to yourself, but the reality is that you are happier and more fulfilled by giving -- not getting.
Matthew 16:25 (NLT) "If you try to hang on to your life, you will **lose** it. But if you **give up** your life for my sake, you will **save** it."
Acts 20:24 (NLT) [Paul] "my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of **telling others the Good News** about the wonderful grace of God."
- The spiritual exercise of stewardship of your time and money requires that you manage them in such a way that your needs, and those of your family, are met.
1 Timothy 5:8 (MSG) "... Anyone who neglects to care for family members **in need** repudiates the faith. That's worse than refusing to believe in the first place."
- When you realign how you manage your time and money, you will have far more to give to help others.
- You are most gratified, and God's kindness naturally flows out of you, when you give of your resources to help someone else discover their greatest joy in Christ, rather than just using your resources to enjoy life's comforts.

- The nature of sacrificing transforms a person's heart so they naturally treat others more gently.

2. WHAT "MUSCLE" CAN FELLOWSHIP BUILD?

- Bible fellowship is far more than socializing. It's the bonding of spirit and mutual sharing of God's Spirit within you.
- True fellowship happens when you:
 - share your spiritual discoveries or experiences
 - "...build each other up in your most holy faith..." - Jude 20 NLT
 - "speak the truth in love" - Ephesians 4:15
 - "Confess your sins to each other and pray for each other so that you may be healed." - James 5:16
 - "Honor one another above yourselves." - Romans 12:10
- Spiritual relationships are fundamental essentials to spiritual progress.
- You exercise spiritual fellowship by being purposeful to interact with others about God and what He is doing or saying to you.
- Engage in common activities of worship, study, prayer, celebration, or serving with other disciples.

Psalm 34:3 "Glorify the Lord with me; let us exalt his name together."
- Being of one heart is a real and powerful factor of spiritual life.

1 Timothy 4:7-8 (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."

A couple suggestions for training yourself:

1. Find someone to exercise with you to keep you moving forward [spiritual fellowship]
2. Go through the "Energy Pack" cards again and raise the challenge bar and routinely practice those that help build the spiritual muscles in the areas that you know need strengthened.