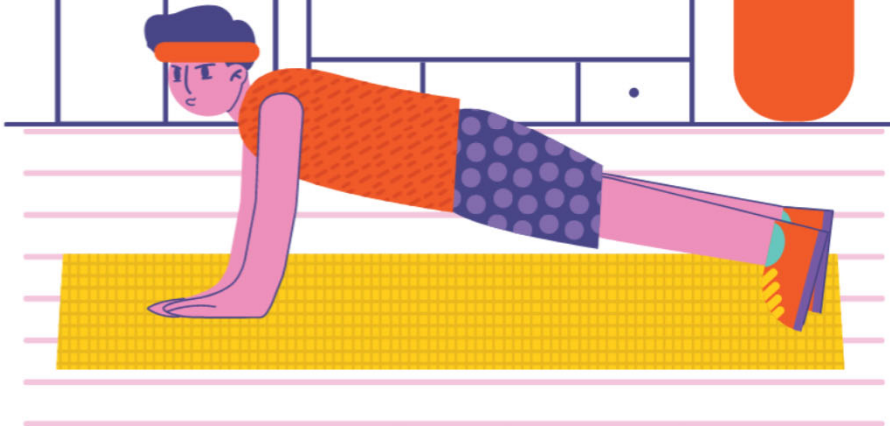
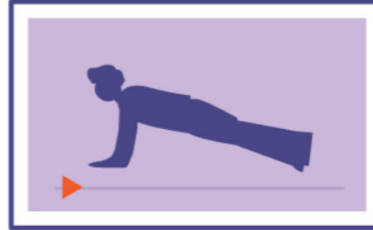
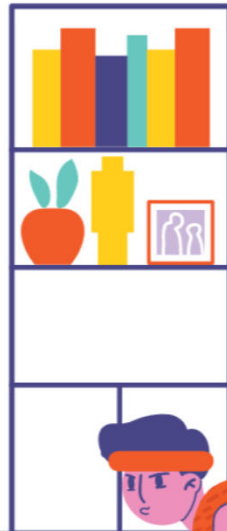




Soul Training

Learning to Live like Jesus



"... and exercise yourself
toward godliness" - 1Tim 4:7

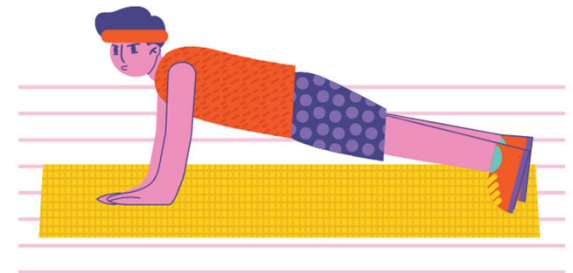
Why Training?



"... and exercise yourself
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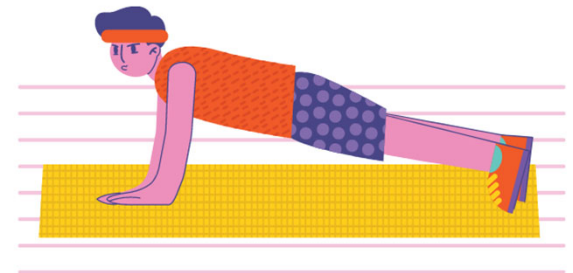
1 Tim 4:1-10

The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.



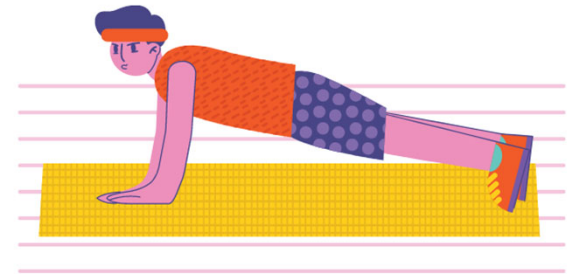
1 Tim 4:1-10

If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed. Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.



1 Tim 4:1-10

If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed. Have nothing to do with godless myths and old wives' tales; rather, **train yourself to be godly**. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.



Why Training?



"... and exercise yourself
toward godliness" - 1Tim 4:7

Why Training?

**we need to learn
to live out our
new identities in
a new reality**



**"... and exercise yourself
toward godliness" - 1Tim 4:7**

Sabbath Rest



Sabbath Rest

**to quit, stop, take a
break, cool it**



Sabbath Rest

**to quit, stop, take a
break, cool it**

to “waste” time





1 Kings 18

Elijah and the Prophets of Baal

Ahab told Jezebel everything that Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah, saying, “May the gods punish me and do so severely if I don’t make your life like the life of one of them by this time tomorrow!” Then Elijah became afraid and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there, but he went on a day’s journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, “I have had enough! Lord, take my life, for I’m no better than my fathers.”



1Kings 19:1-4

**High highs tend to
lead to Low lows**



**High highs tend to
lead to Low lows**



we have limits

Then he lay down and slept under the broom tree. Suddenly, an angel touched him. The angel told him, "Get up and eat." Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and drank and lay down again. Then the angel of the Lord returned for a second time and touched him. He said, "Get up and eat, or the journey will be too much for you." So he got up, ate, and drank. Then on the strength from that food, he walked 40 days and 40 nights to Horeb, the mountain of God. He entered a cave there and spent the night.



1Kings 19:5-9

As a father has compassion on his children so
the LORD has compassion on those who fear
him. For he knows what we are made of,
remembering that we are dust.

Psalm 103:13-14



Sleep was God's Idea



**Ignoring how we
were created is
Rebellion against God**



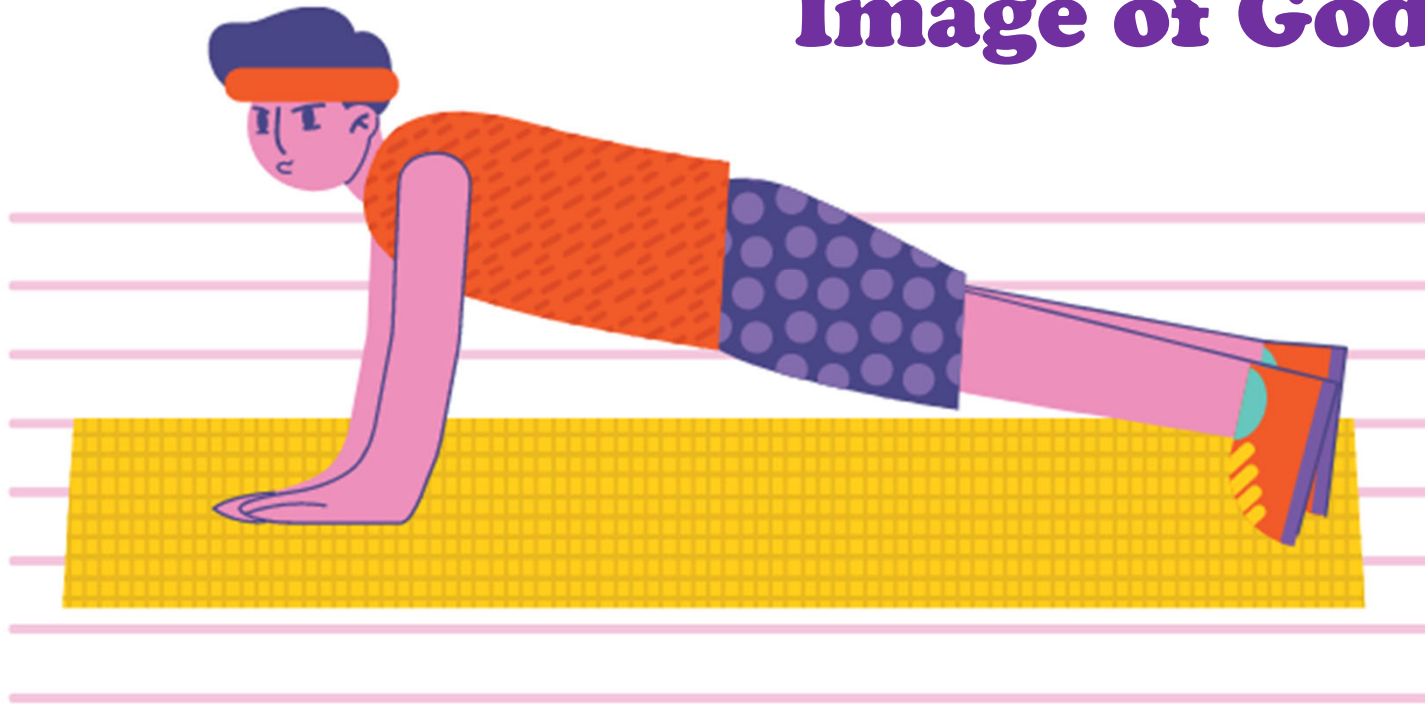
Sabbath is a Physical Discipline



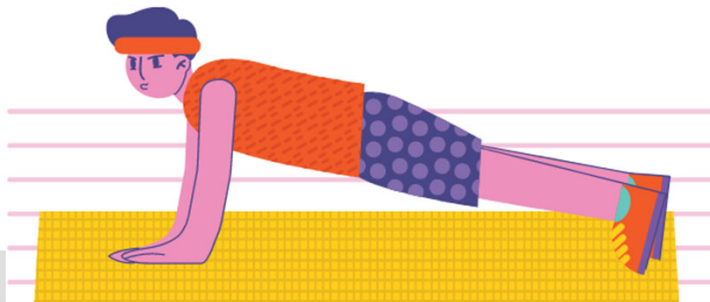
**Elijah NEEDS the gift
of Sabbath Before he
can meet God**



Examining your Image of God



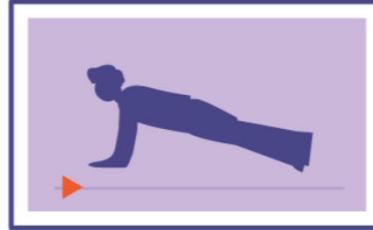
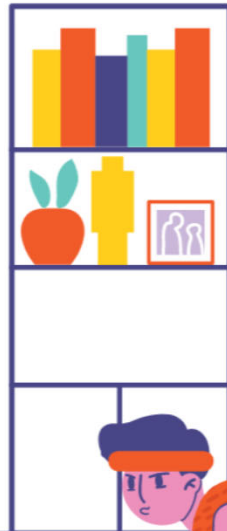
**Pick one day this week and sleep
until you cannot sleep any more;
stay in bed until you are
completely rested.**





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