



NOVEMBER.4&5.2017  
Graham Newnum

*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.*

- 1 Timothy 4:8

**Stronger through HABIT**

*A workman who does not have to be ashamed...*

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**Stronger through NUTRITION**

*Like a tree firmly planted by streams of water...*

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**Stronger through DISCOMFORT**

*You have not yet resisted to the point of shedding blood...*

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vision  
TEACHING NOTES



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## TAKEAWAYS

### 1. BUILD HEALTHY HABITS

Decide what you need to do daily/weekly/monthly to be successful in your spiritual strength training. Write it down. Make a commitment. Grab a buddy. Start building the habits and practicing the disciplines that will serve you for decades to come.

### 2. CHECK YOUR NUTRITION

What are you feeding your spiritual body? Are you giving it the nutrients it needs to grow stronger? Or are you pouring in poison and expecting it to heal itself? Focus on getting in the “healthy stuff” first, enjoying “junk food” in moderation, and avoiding the poison.

### 3. DECIDE DISCOMFORT IS WORTHWHILE

Nobody enjoys the pain, struggle, and toil of getting stronger. But nobody gets stronger without it. Resign yourself to enduring just a little more each day/week/month, and you’ll be amazed at the gains you make. One more rep.

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