

# Building Great People Inside Out—Focus on These Things – Part 5

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## Sermon Description

Building great people means people that are healthy spirit, soul, and body, they are sold out for Christ, they know what they believe and why they believe it. They think biblically and less emotionally. They stand on solid ground and they are not tossed back and forth with every wind of doctrine and every passing opinion. They lay aside every weight and sin that easily traps them and they focus on the goal and the prize. They are spiritually mature, they progress, grow – get off milk and feed on the meat of the Word of God. Great people build other great people, and therefore the body of Christ grows, because one member supplies to the other.

## The Big Idea

Great people have amazing disciplines in place in their lives. They focus on critical aspects that allow them to grow and develop into grounded followers of Christ. This work of faith must start from the inside out.

## Illustration

Dr. Pimple Popper is a TV program based on a real doctor (Dr. Sandra Lee) that removes growths from people's bodies. These growths impact people's lives in such a brutal way and sadly, people allow these abnormalities to grow until they cannot take it any longer. At this point, they go to Dr. Lee for help. Usually, people's lives are literally transformed once the procedure is completed and the growth is removed. Something that started as "unseen" on the inside and very small on the outside eventually became a massive hinderance over time. Our spiritual walk can be just like those "pimples" that can seriously hinder us unless we allow God to remove them. God works from the inside out.

## Main Passage

### 1 Timothy 4:11-16

<sup>11</sup> These things command and teach. <sup>12</sup> Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. <sup>13</sup> Till I come, give attention to **reading**, to **exhortation**, to **doctrine**. <sup>14</sup> **Do not neglect the gift** that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. <sup>15</sup> **Meditate** on these things; give yourself entirely to them, that your progress may be evident to all. <sup>16</sup> **Take heed to yourself** and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.

## Seven-Step Action Plan to Spiritual Progress

- 1) Reading – study
- 2) Exhortation – building and encouraging others
- 3) Doctrine – the right beliefs
- 4) Do not neglect the gift – stir it up
- 5) Meditate – ponder, consider, be curious about, think about
- 6) Give yourself – dedicate, self-care.

Note the sequential order of these elements and how Paul instructs Timothy, his son, to grow spiritually.

He says to be an "example" and focus on these things.

Paul communicates these six elements to his spiritual son Timothy - two of them are outward including words and conduct and the remainder are all internal, including love, spirit, faith, and purity.

### **Outward things - the right WORDS plus the right actions or CONDUCT**

### **Inward things - LOVE, SPIRIT, FAITH, PURITY**

“The words we say shape the way we live,  
The way we live displays that we love God and people,  
Our love is passionate and full of life,  
And we express our faith through the love of God,  
Our faith is pure, right and victorious!”

### **Main Points**

#### **In Word – Our Conversations**

*The big idea here is that we need to ensure that our words and conversations are not only uplifting but also wholesome.*

- Something said, including thought, subjective discourse, reasoning, the mental faculty or motives, account, speech, talk, communication utterances
- Jesus said we would be judged by every idle word that comes from our mouth
- Death and life are in the power of the tongue
- If we are going to grow and develop as great people, we will have to have “crucial conversations”
- From the abundance of the heart the mouth speaks, in other words, what is in your heart is going to eventually come out (i.e., people may say they did not mean something they said but their hearts certainly did).

#### **Conduct – Our Behavior or Manner of Life**

*The big idea here is the way in which we live as believers, what we place our priorities on and how we conduct our daily lives both in private and in public.*

- God works from the inside out
- Manner of life, conduct, behavior
- All outward conduct is always a result of what is on the inside.

#### **Love – our Goldy affection**

- The word used here is “agape”
- The idea that the love of God is to be experienced
- For God so loved
- Romans 5 - the love of God has been shed abroad in our lives/hearts
- We need to use and express the love of God
- The love of God is not just in our mind - we must experience it as well
- For God so loved the world - we need to so love
- Love is an action, and it must be experienced
- We have been given the ministry of reconciliation.

#### **2Corinthians 5:18**

Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation,

### **Spirit – our mental disposition**

- This word occurs 385 times in the New Testament
- It is the word used for the Holy Spirit but also the human spirit
- It can mean:
  - Passion, energy, mental disposition, or vitality
  - Life, spirit, mind
  - Intentionality and purpose of life.

### **Faith – our profession in Christ**

- Particularly our trust level in God
- Moral conviction, truthfulness of God, reliance upon Christ for salvation, profession, truth itself, assurance, belief, fidelity
- Action - Invite God into your day, daily routine, activity
- Exercise your faith, because faith is a spiritual muscle
- Faith is the currency of heaven.

### **Purity – our cleanliness**

*How good do you feel when you are just taking a hot shower?*

- This word is where we get the word hygiene from
- Cleanliness, sinlessness, chastity, quality.

The words we say shape the way we live,  
The way we live displays that we love God and people,  
Our love is passionate and full of life,  
And we express our faith through the love of God,  
Our faith is pure, right, and victorious!

### **Questions & Discussion**

- 1) Why is sequential order important in the Bible? What can we learn from this Bible study method?
- 2) Give a biblical example of faith and how it was exercised effectively.
- 3) Explain the word purity. Why is this word not used in the Body of Christ any longer?
- 4) How can we allow others to experience the love of God?
- 5) What is biblical meditation? How can we apply it?
- 6) Do you believe what Jesus said, that we will be judged by every idle word that comes out of our mouth?
- 7) In what area can you be a better example?