



— THE MOST —
**IMPORTANT
RESOLUTION**

1 TIMOTHY 4:7-16



1 TIMOTHY 4

⁷ But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

⁸ For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

⁹ This is a faithful saying and worthy of all acceptation.



1 TIMOTHY 4

¹⁰ For therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe.

¹¹ These things command and teach.

¹² Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.



1 TIMOTHY 4

¹³ Till I come, give attendance to reading, to exhortation, to doctrine.

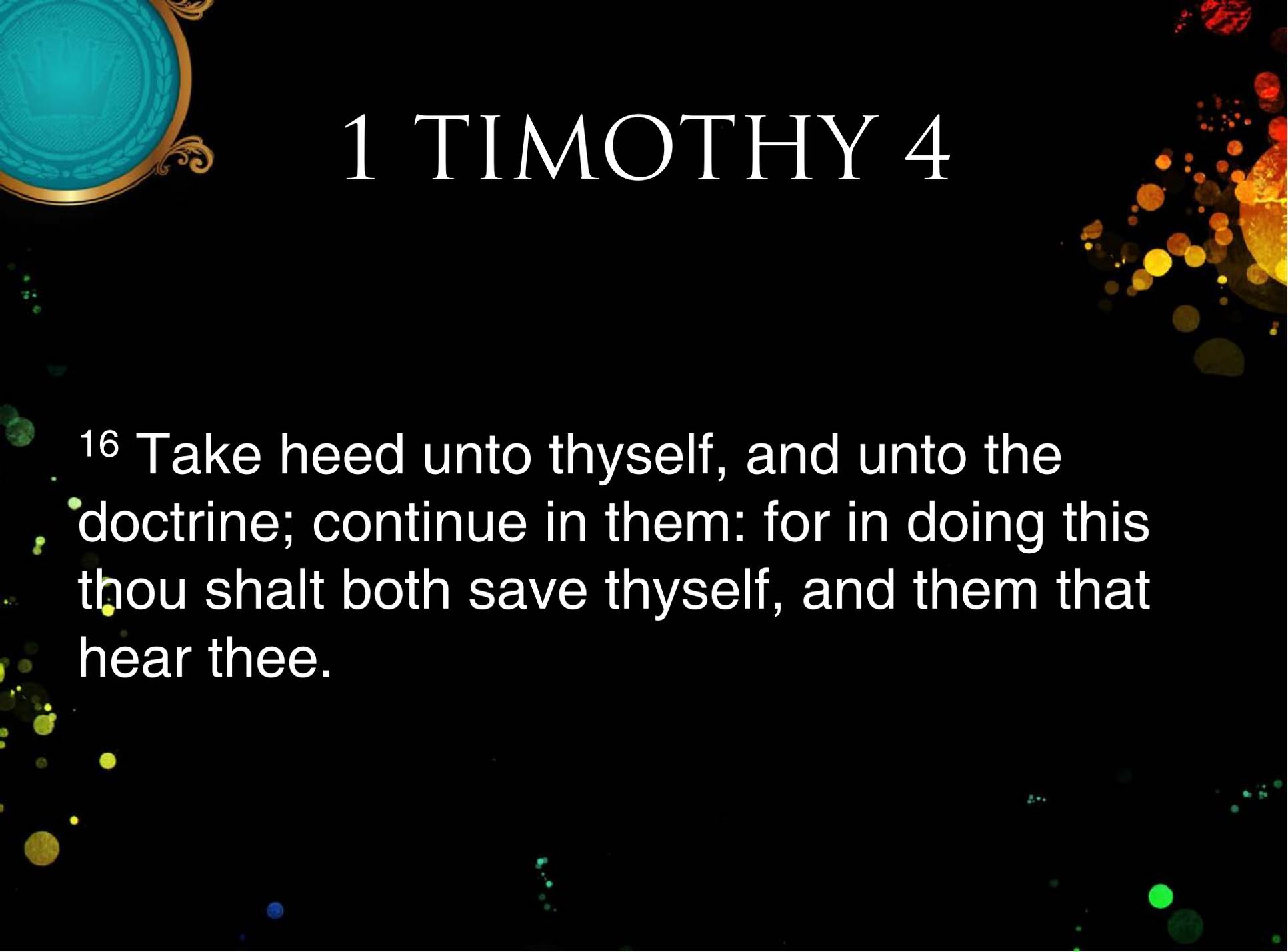
¹⁴ Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.

¹⁵ Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.



1 TIMOTHY 4

¹⁶ Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.





STAY AWAY FROM
NONSENSE



1 TIMOTHY 4

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The image features a central teal circle with a gold border. The background is black with ornate gold flourishes in the corners and scattered bokeh lights in yellow, green, and red. The text is centered within the teal circle.

STAY AWAY FROM
NONSENSE



MAKE THE MOST
IMPORTANT
RESOLUTION



1 TIMOTHY 4

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MAKE THE MOST
IMPORTANT
RESOLUTION



MEDITATE



1 TIMOTHY 4

¹⁵ Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.





MEDITATE



TRAIN



1 TIMOTHY 4

•¹³ Till I come, give attendance to reading, to exhortation, to doctrine.



TRAIN



TALK



1 TIMOTHY 4

¹¹ These things **command and teach**.

¹³ Till I come, give attendance to reading, to **exhortation**, to doctrine.



TALK



LIVE



1 TIMOTHY 4

¹² Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.



LIVE



WORK



1 TIMOTHY 4

¹⁰ For therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe.

¹⁴ Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.



WORK



IS GODLINESS
YOUR MOST IMPORTANT
RESOLUTION
THIS YEAR?



**GOD
BLESS
YOU**

HAVE A GREAT WEEK