

Pay careful attention to y_____ and to all the flock, in which the Holy Spirit has

made you overseers. (Acts 20:28) I. Guard Yourself.

Keep a close watch on y_____ and on the teaching. Persist in this, for by so doing you will s_____ both yourself and your hearers. (1 Tim. 4:16)

1. Guard what you r_____.
2. Guard who you l_____ to.
3. Guard your p_____ l_____.
4. Guard against u_____ s_____.
5. Guard your life from w_____ that will i_____ the Christian race.

Lay aside every w_____, and s_____ which clings so closely, and let us run with e_____ the race that is set before us. (Heb. 12:1)

6. Guard your s_____ life, your m_____, and your c_____.

7. Guard your l_____ for God.

8. Guard your g_____ in Christ: always be g_____, l_____, and constantly m_____.

II. The Biblical M_____ to G_____ in Christ 1. 1 Timothy 4:7-8

Rather t_____ yourself for g_____; for while bodily training is of some value, godliness is of value in e_____ w_____, as it holds the promise for the present life and also for the life to come.

2. 1 Timothy 4:15

Practice these things, immerse yourself in them, so that a_____ may see your p_____.