

The Workhorse

1 Timothy 4:6-16



A man in a grey and orange athletic shirt and black shorts is running up a long, wide flight of stone stairs. He is seen from behind, with his arms pumping and legs in motion. The stairs are made of light-colored stone and lead up a hill. The lighting is dramatic, with the top of the stairs being bright and the bottom being in shadow.

The Workhorse

Don't Give Up!

Jesus Told You to Do This

(4:6).

A man in athletic wear is running up a wide set of stone stairs. He is seen from behind, wearing a grey and orange short-sleeved shirt, black shorts, and running shoes. The stairs are made of light-colored stone and lead upwards towards the right. The lighting is dramatic, with strong shadows and highlights, suggesting an outdoor setting.

The Workhorse

**Avoid silly myths and train
yourself in godliness
(4:7-10).**

A man in athletic wear is running up a long, wide flight of stone stairs. He is seen from behind, moving away from the camera. The stairs are made of large, light-colored stone blocks. The lighting is dramatic, with strong shadows and highlights, suggesting an outdoor setting. The overall mood is one of effort and determination.

The Workhorse

**Speak with authority and
teach with clarity (4:11).**

A man in athletic wear is running up a wide set of stone stairs, viewed from behind. The stairs are made of large, light-colored stone blocks. The man is wearing a grey and orange short-sleeved shirt, black shorts, and white sneakers. The background is a bright, overexposed area, possibly a doorway or a bright wall, creating a strong contrast with the darker foreground.

The Workhorse

**Defy stereotypes by setting
an example (4:12).**

A man in a grey and orange athletic shirt and black shorts is running up a wide set of stone stairs. He is seen from behind, with his arms pumping and legs in motion. The stairs are made of light-colored stone and lead up a hill. The background is a bright, slightly overexposed sky.

The Workhorse

**Commit yourself to the Word
(4:13).**

A man in a grey and orange athletic shirt and black shorts is running up a wide set of stone stairs. He is seen from behind, with his arms pumping. The stairs are made of large, light-colored stone blocks. The lighting is dramatic, with the top of the stairs being bright and the bottom being in shadow.

The Workhorse

Don't neglect your gifts, use them (4:14).

A man in athletic wear is running up a wide set of stone stairs, viewed from behind. The stairs are made of light-colored stone and lead up a hill. The man is wearing a grey and orange athletic shirt, black shorts, and running shoes. The background is a bright, overexposed area at the top of the stairs.

The Workhorse

**Plot out your development
(4:15).**

A man in a grey and orange athletic shirt and black shorts is running up a long, wide flight of stone stairs. He is seen from behind, with his arms slightly out to the sides. The stairs are made of large, light-colored stone blocks and recede into the distance. The lighting is dramatic, with strong shadows and highlights, suggesting an outdoor setting. The overall mood is one of effort and perseverance.

The Workhorse

**Watch yourself and your
teaching closely (4:16).**