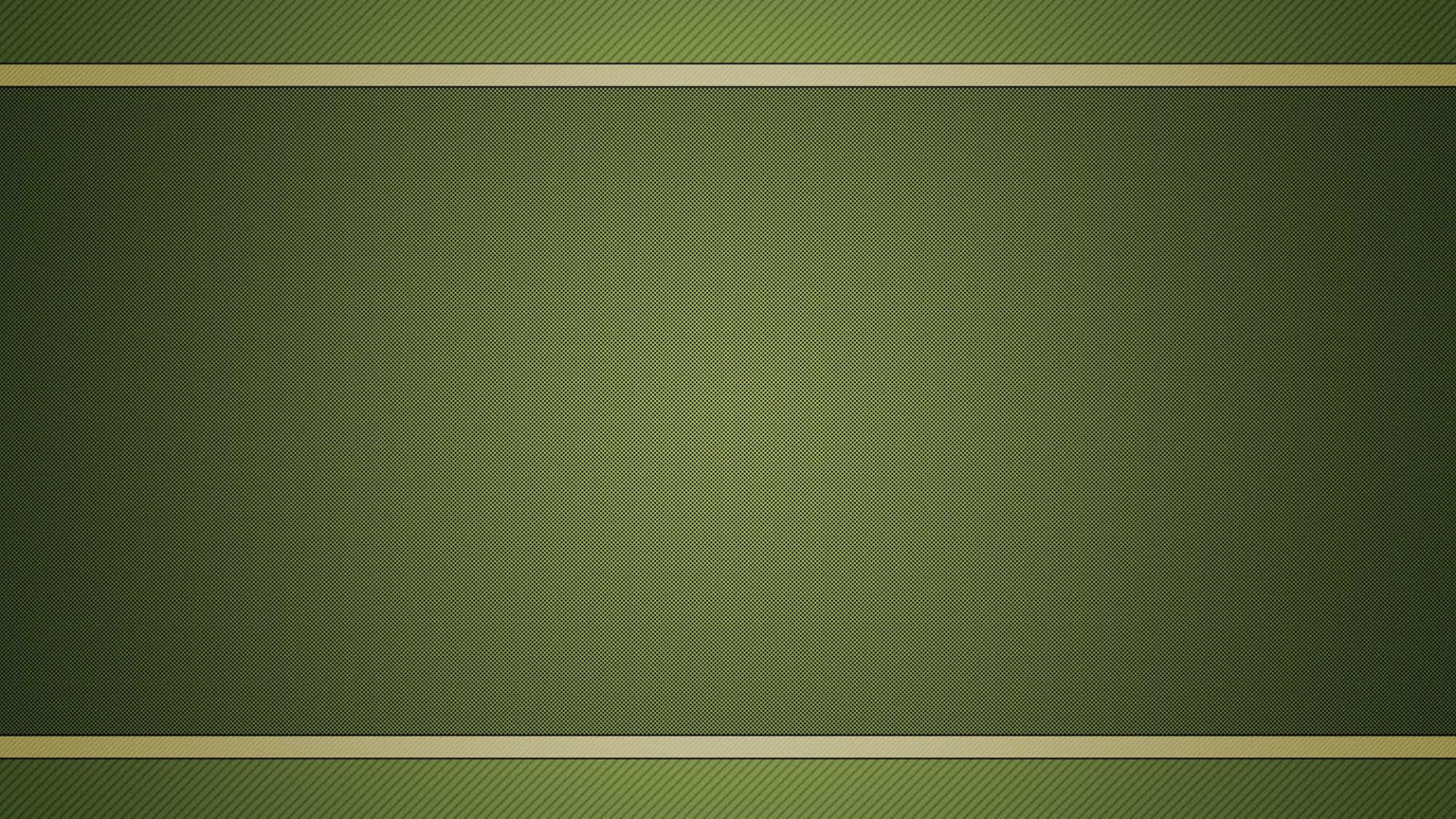


TRAINING DAY

PART 1

“...train yourself to be godly.”

1 Timothy 4:7



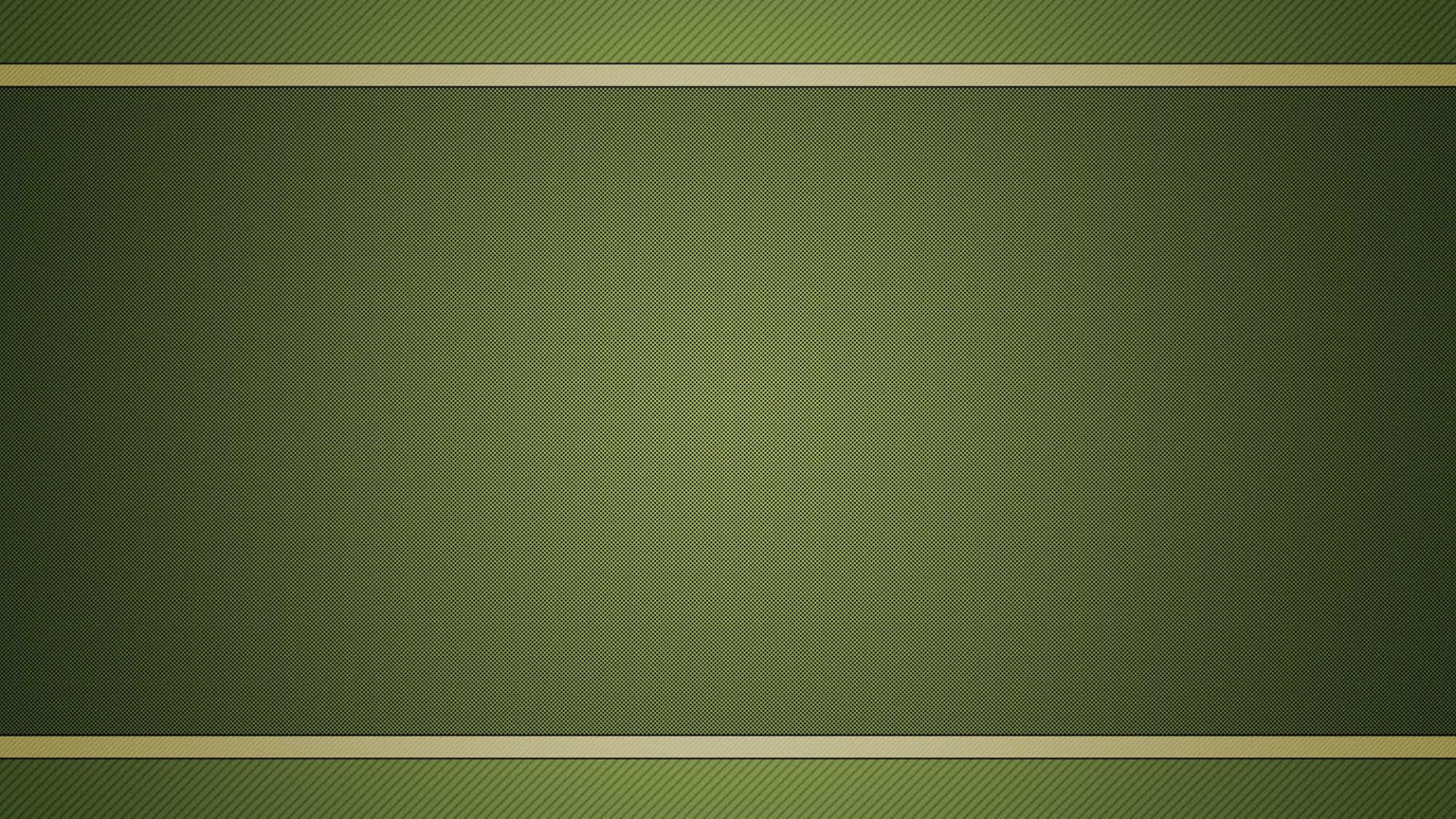
“(Sometimes) I have sulked or snapped or sneered or snubbed or stormed. And the excuse that immediately springs to my mind is that the provocation was so sudden and unexpected: I was caught off my guard, I had not time to collect myself...

(but) surely what a man does when he is taken off his guard is the best evidence for what sort of a man he is? Surely what pops out before the man has time to put on a disguise is the truth?

If there are rats in a cellar you are most likely to see them if you go in very suddenly. But the suddenness does not create the rats: it only prevents them from hiding. In the same way the suddenness of the provocation does not make me an ill-tempered man: it only shows me what an ill-tempered man I am.

The rats are always there in the cellar, but if you go in shouting and noisily they will have taken cover before you switch on the light.”

*C.S. Lewis,
Mere Christianity*





“...we have set our hope on the living God...”

1 Timothy 4:10

“...godliness...holds promise for the life to come.”

1 Timothy 4:8

“That is why we labor and strive, because we have put our hope in the living God...”

1 Timothy 4:10

“...*train yourself* to be godly. For physical training is of some value, but godliness has value for all things holding promise for the present life and the life to come.”

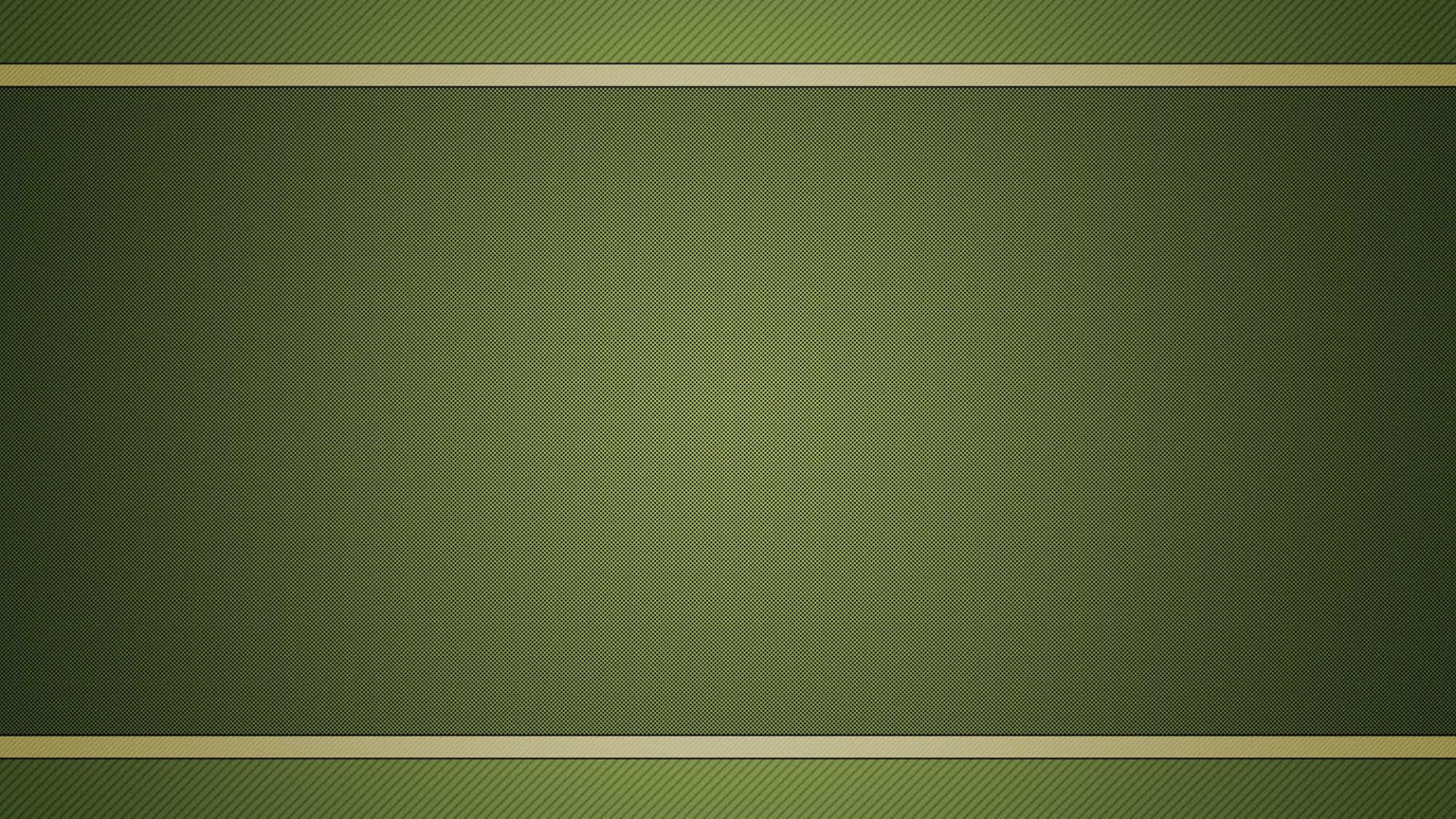
1 Timothy 4:7-8

- Shut down the engines,
- Set the right speed so that the plane could glide as long as possible without power,
- Get the nose of the plane down to maintain speed,

- Disconnect the auto pilot and override the flight management system,
- Activate the ditch system which seals vents and valves that makes the plane as water proof as possible once the plane hits the water.

- Fly and glide the plane in a fast left turn so that it could come down facing south, going with the flow of the river and having already turned off the engines, they had to do this using only the battery operated systems and emergency generator,

- Straighten the plane up from the tilt of the sharp left turn so that on landing, the plane would be exactly level from side to side.
- Finally they had to get the nose back up again but not too far up and land straight and flat on the water



“...work out your salvation with fear and trembling.”

Philippians 2:12