

## Watch Yourself

### Description

[RG AUDIO 021015](#)

1 Timothy 4:9-16

Have you ever worked with someone who was so self-absorbed that they were incapable of participating in the tasks required? Sure you have. Almost every workplace has someone who is just too “busy” to join in the work.

Paul’s final words to Timothy are a strong reminder to this younger pastor of the need to watch his own life carefully, as well as investing in the lives of others. Too many times Christians look for the mote in their neighbor’s eye, and don’t see the beam in their own (Matthew 7:5). It is difficult to clearly see our own spiritual deficiencies.

In my work as a Christian counselor, I found too many times that people in ministry are so busy meeting the needs of others that they forget to acknowledge their own needs. Paul reminds the Galatian Christians that “each one should carry their own load” (Galatians 6:5). Sometimes Christians put themselves into compassion overload because they desire to be Christ in the world, but caution is necessary. As Paul reminds us, watch yourself, and remember that faith in Christ gives you the power you need to be obedient to what you know to be true.

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