

STUDY OF

1 Timothy

Training in Godliness

1 Timothy 4:6-10

1 Timothy 4:6-10 (NIV) ⁶ If you point these things out to the brothers, you will be a good minister of Christ Jesus, brought up in the truths of the faith and of the good teaching that you have followed. ⁷ Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. ⁹ This is a trustworthy saying that deserves full acceptance ¹⁰ (and for this we labor and strive), that we have put our hope in the living God, who is the Savior of all men, and especially of those who believe.

1 Timothy 4:8 (NIV) ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1 Timothy 4:15-16 (NIV) ¹⁵ Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. ¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

1. Godly training is an ongoing process, not a quick fix.

¹ The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons.

2. Godly training is hard work.

“We labor and strive.”

1 Corinthians 9:24-27 (NIV) ²⁴ Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

²⁶ Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. ²⁷ No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

3. Godly training means discarding hindrances.

⁷ Have nothing to do with godless myths and old wives' tales.

³ They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth.

4. Godly training means keeping your eyes on the goal.

1 Timothy 4:8 (NIV) ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Hebrews 12:2 (NIV) ² Let us fix our eyes on Jesus, the author and perfecter of our faith...

5. Godly training means managing your time in line with your goals.

6. Godly training is not opposed to the grace of God.

1 Corinthians 15:10 (NIV) ¹⁰ But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them--yet not I, but the grace of God that was with me.

7. Godly training is not driving yourself relentlessly.

8. Godly training is not being so rigid that you are insensitive to what God is doing.

1 Timothy 4:1 (NIV) ¹ The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons.

12 ...set an example for the believers in speech, in life, in love, in faith and in purity.

13 Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching.

14 Do not neglect your gift...

15 Be diligent in these matters; give yourself wholly to them...

16 Watch your life and doctrine closely. Persevere in them...

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