

5 Trustworthy Sayings-

“Train yourself for godliness”

1 Timothy 4:7

Main Point-

Training for godliness is fundamentally different and more valuable than any other kind of training, both now and in the future.

Objections to Training for Godliness-

- Aren't we just setting ourselves up for failure?
- Why emphasize training, we're under grace. We don't want to be legalists.
- Is consistent training in conflict with the leading of the Spirit?
- Discipline and training only works for certain kinds of Christians.

Fundamental Question-

Do we really want our lives to reflect the heart and words of Jesus to the world or not?

If so, then let's work up a spiritual sweat!

[1 Timothy 4:1-10]

1. The wrong kind of discipline
2. The right kind of discipline
3. The motives and goal of spiritual discipline

1 Timothy 4:1–5 ESV

Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, through the insincerity of liars whose consciences are seared, who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.

1 Timothy 1:3–4 ESV

As I urged you when I was going to Macedonia, remain at Ephesus so that you may charge certain persons not to teach any different doctrine, nor to devote themselves to myths and endless genealogies, which promote speculations rather than the stewardship from God that is by faith.

Colossians 2:20–23 ESV

If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations—“Do not handle, Do not taste, Do not touch” (referring to things that all perish as they are used)—according to human precepts and teachings? These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

Isaiah 58:5–6

“Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the LORD?”

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?”

1 Timothy 4:6–7 ESV

If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;

Examples of Training for Godliness-

- Regular T.A.G.- Time alone with God (prayer, Bible reading, confession, journaling, etc.)
- Corporate worship & communion as a discipline
- Regularly asking for friends to speak truth to you
- Works of charity and service to others
- Use of your spiritual gifts
- Periodic special goals or times of discipline
- Asking to be mentored or trained in a particular area
- Identify a spiritual hero in church history- read up!

1 Corinthians 9:24–26 ESV

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air.

Colossians 1:28–29 ESV

Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. For this I toil, struggling with all his energy that he powerfully works within me.

1 Timothy 4:8–9 ESV

for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. The saying is trustworthy and deserving of full acceptance.

Matthew 19:28–30 ESV

Jesus said to them, “Truly, I say to you, in the new world, when the Son of Man will sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has left houses or brothers or sisters or father or mother or children or lands, for my name’s sake, will receive a hundredfold and will inherit eternal life. But many who are first will be last, and the last first.

1 Timothy 4:10 ESV

For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

1 Timothy 2:3–4 ESV

This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.