

## Training Yourself for Godliness

1 Timothy 4:1-16  
December 27, 2020

*...Rather train yourself for godliness; 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.  
– 1 Timothy 4:7-8*

### I. BE WARY OF FALSE TEACHING - 1 Timothy 4:1-5

- The root of the false teaching (Matthew 24:4-11).
- Be wary of a seared conscience.
  - The more we give consideration to false teaching, the more likely we are to see sinful things as fine, and good things as sinful.
- Claiming that people must completely abstain from good things God created is buying into a gospel of works-based righteousness that says we have to do certain things to receive God's love and approval.

### II. BE ACTIVE IN YOUR SPIRITUAL GROWTH

- God's Word is necessary nourishment.
- Benefits of physical training = temporary
- Benefits of training for godliness = eternal
- Study individually and in community.

### III. BE AN EXAMPLE TO ALL - 1 Timothy 4:11-16

- Being older does not equal being spiritually mature (Hebrews 5:11-14).
- Be an example in speech, in conduct, in love, in faith and in purity.
- Be an example in devotion to reading scripture, exhortation and teaching.
- Persevere until the end!

### MEMORIZE:

*Rather train yourself for godliness; 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. – 1 Timothy 4:7-8*

### Suggested Reading:

*For the Love of God* by D.A. Carson

*Spiritual Disciplines* by Donald Whitney

*21 Servants of Sovereign Joy* by John Piper

### Questions/Discovery Points for Life Groups/Families

#### Please Read 1 Timothy 4:1-16

1. What is something that stood out to you from the sermon today that you feel compelled to act upon?
2. What were the false teachers in Ephesus telling people? How does Paul refute their claims?
3. What are some examples of false teaching today? How can we avoid giving into false teaching?
4. What did Paul challenge Timothy to do in verse 7? What does this look like?
5. How is community necessary to spiritual growth? How might we help one another grow in Christ?
6. In your life, who sets an excellent example of what it looks like to follow Jesus? How specifically have they encouraged you?
7. When are you most tempted to worry about what other people think about you? How might you press on in setting a good example of what it looks like to follow Jesus?
8. Who in your life needs you to set a good example of seeking after Christ? How will you strive to be a better example for them this week?