

1 Timothy 4:6-10

⁶In pointing out these things to the brothers *and sisters*, you will be a good servant of Christ Jesus, *constantly* nourished on the words of the faith and of the good doctrine which you have been following. ⁷But stay away from worthless stories that are typical of old women. Rather, discipline yourself for the purpose of godliness; ⁸for bodily training is *just* slightly beneficial, but godliness is beneficial for all things, since it holds promise for the present life and *also* for the *life* to come. ⁹It is a trustworthy statement deserving full acceptance. ¹⁰For it is for this we labor and strive, because we have set our hope on the living God, who is the Savior of all mankind, especially of believers.

Sermon Points

1. Teach the doctrines of the Christian faith to the family of faith (6)
2. Have determined to be constantly nourished by the doctrines of the Christian faith (6)
3. Reject and correct all distortions of the doctrines of the Christian faith (7a).
4. Keep on training themselves in godliness (7b-9).
5. Set their hope on the living God (10)

Questions

1. How can the members of Emmanuel encourage those God has called to teach them His Word? How can we be better students of God's Word during times of congregational Bible teaching?
2. Write down two ways you can nourish yourself in Scripture outside of your time at church on Sunday mornings. How can you improve in these areas? Write down two ways you can nourish your family during the week with God's Word.
3. Think of several common myths and teachings that go against the Gospel and sound doctrine. How do they tempt us and why are they dangerous? Are there any false teachings or myths God is calling you to reject today?
4. Today we learned that physical exercise is profitable, since we are temples of God's Spirit, but there is even greater benefit to training and exercising ourselves for godliness. Read 1 Timothy 4:12. Write down two practical ways you can train yourself in godliness. How will you begin your training this week?
5. Training also implies not doing things that prevent us from improving. For example, if someone is training for a marathon, she must stop consuming unhealthy foods as it doesn't help her prepare for her race. Even so, there are habits and practices that do not help us or even prevent us from growing in godliness. Write down two things that are hindering you from training in godliness, or, in other words, preventing you from serving God wholeheartedly and glorifying Him. Would you consider asking another brother or sister in Christ to help you stop these practices and keep you accountable?

Practical Tip for Training in Godliness

Analyze the amount of time you spend consuming information: TV, internet, music, radio, podcasts, and books. What percentage of this information is feeding your soul the doctrines of the Christian faith? How can you begin replacing this information with content that will nourish your soul with Biblical truth?