

**The Path to Godliness**  
**1 Timothy 4:6-16**

What marks the path to godliness?

- I. Right content
  - A. Consuming junk food (v. 7a)
  - B. Consuming God's word (v. 6, 13)
- II. Right discipline
  - A. The need for training (v. 7b-8a)
  - B. The practicals of training (v. 15-16)
- III. Right motivation
  - A. The enjoyment of discipline (v. 10)
  - B. The eternal perspective of discipline (v. 8b-9)

**Application Guide:**

1. What kind of unhealthy content do you regularly consume? Where does God's word fall in your content consumption?
2. What kind of healthy disciplines do you have for reading and engaging God's word? What disciplines do you need to develop?
3. Why is it so important to have the correct motivation for spiritual disciplines?