

**“Training for Godliness”, 1 Timothy 4:6-10
Pastor Shawn Newberry, May 10, 2026**

Part 1 — The Character of a Good Servant

“If you put these things before the brothers...” (vv. 6–7a)

A Good Servant of Christ:

Trained In:

“The words of the faith”

“Good doctrine”

Avoid:

- Irreverent myths
- Empty religion
- False teaching
- Worldly philosophies

Part 2 — Training for Godliness

“Rather train yourself for godliness...” (vv. 7b–8)

Bodily Training:

- Has some value

Godliness:

- Has eternal value
- Shapes present life and eternal life

Legalism vs. Godliness

Legalism:

- Earn God’s approval

Godliness:

- Response to God’s love
- Gospel-driven obedience
- Gratitude-shaped living

Train Yourself In:

- Humility
- Gentleness
- Kindness
- Mercy
- Love
- Self-control

Expect These Three Things:

1. To be misunderstood
2. To be wronged
3. To be attacked

Part 3 — Toil, Strive, and Keep Moving

“For to this end we toil and strive...” (vv. 9–10)

Toil

- Labor to exhaustion

Strive (agōnizomai)

- Agonize
- Fight
- Persist

Olympic Illustration:

Athletes endure pain because:

- The reward is greater than the suffering

How We Endure:

- Keep your eyes on Jesus
- Keep the gospel close
- Stay grounded in sound doctrine
- Continue moving forward

Summary

In 1 Timothy 4:6–10, Paul teaches Timothy what it means to be a good servant of Christ Jesus: a faithful, courageous, and trustworthy servant of the King who is grounded in the gospel and sound doctrine. Rather than being distracted by false teaching, empty religion, or worldly philosophies, Timothy is called to keep the main thing the main thing; Christ and the truth of God’s Word. Paul then shifts to the language of athletic training, reminding Timothy that while physical training has temporary value, godliness has eternal value and must be intentionally practiced through humility, gentleness, love, endurance, and Christlike responses in the face of misunderstanding, opposition, and suffering. Finally, Paul emphasizes that the Christian life requires toil, striving, and perseverance, but believers endure because their hope is fixed on the living God. Like an athlete pressing through pain for a greater reward, Christians are called to keep moving, keep wrestling, and keep their eyes fixed on Jesus.