

Sermon Notes 7/3/22

“Training for Godliness”

How can we train ourselves to be godly?

1. Beware of _____.

1 Timothy 4:1-3

2 Timothy 4:3-4

2. Be thankful to our _____.

1 Timothy 4:4-5

1 Timothy 6:17

3. Be _____ of Christ.

1 Timothy 4:6a

2 Timothy 2:24-26

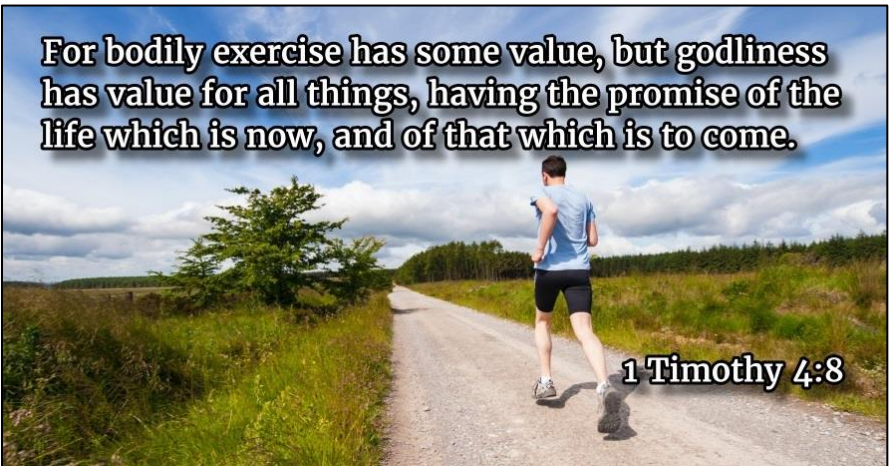
4. Be followers of _____.

1 Timothy 4:6b

1 Timothy 6:3-5

For bodily exercise has some value, but godliness has value for all things, having the promise of the life which is now, and of that which is to come.

1 Timothy 4:8



Life Group Discussion Questions

Week 9: July 3-10

1 Timothy 4:1-8

In 1 Timothy 4, Paul warns Timothy about specific false doctrines that would cause some Christians to abandon the faith. Timothy must help the Christians at Ephesus to grow in faith and godliness. These instructions are just as relevant for us as they were for the Christians in the first century. In our culture today, over two thirds of children who grow up attending church, abandon the faith in their young adult years. This passage will help us to strengthen our faith and grow in godliness.

Read 1 Timothy 4:1-8

1. What did the Spirit say some would do in the later time? (4:1)

The New Testament often describes the Christian age as “the last days” or “the later times” (Acts 2:16-17; 2 Thess. 2:3-4; 2 Tim. 3:1).

2. Who did Paul identify as the source of false doctrines? (4:1)

C. Michael Moss writes,

In the phrase “will abandon the faith,” “faith” is used in an objective sense (see 3:9) and “will abandon” could be translated “will fall away” or “will apostatize.” This apostasy occurs because people are following “deceiving spirits and things taught by demons.” Paul sees Satan and his allies behind the false teachers and their teaching.¹

3. What did Paul say about the consciences of hypocritical liars? (4:2)

We must keep our consciences sensitive to God’s will. The author of Hebrews warned Christians not to be “hardened by the deceitfulness of sin” or have an “unbelieving heart that falls away from the living God” (Heb. 3:12-13).

¹ C. Michael Moss, *The College Press NIV Commentary: 1, 2 Timothy and Titus* (Joplin, MO: College Press, 1995), 84.

William Mounce observes,

Having accused the apostatized Christians of being devoted to demons and their teachings, Paul follows up with a second description of their woeful state. They have been led into apostasy by hypocritical “liars whose consciences have been branded.” This is in contrast to Paul who has, as a goal of his preaching, a good conscience (1 Tim 1:5).²

4. What were the hypocritical liars forbidding people to do in verse 3?

This false teaching may have been an early form of Gnosticism (1 Tim. 6:20-21). The Gnostics claimed to have a secret “knowledge” that no one else had. They taught that everything physical was bad and everything spiritual was good. Because of this, some Gnostics believed that they must abstain from any physical pleasure. Another possibility is that this was the result of Jews trying to enforce Mosaic Laws on Gentile Christians (1 Tim. 1:7). In either case, the false teaching was forbidding things that God declared to be good. The idea of asceticism or self-abasement may sound spiritual, but it is of “no value against fleshly indulgence” (Col. 2:16-23).

5. According to verse 3, why did God create all the good foods we have?

6. What is true about all that God created? (4:4)

7. Why should anything received with thanksgiving not be rejected? (4:4-5)

8. Under what circumstances would Timothy be a good servant of Christ Jesus? (4:6)

9. What did Paul say that Timothy was following in verse 6?

10. What did Paul tell Timothy to avoid in verse 7?

11. What kind of discipline did Paul tell Timothy to practice? (4:7)

² William Mounce, *Word Biblical Commentary: Pastoral Epistles* (Grand Rapids, MI: Zondervan Academic, 2016), 237.

Kent Hughes and Bryan Chapell note,

Paul focused on the practical life of the church; the godliness of the people was of intense concern. Of the fifteen occurrences of godliness in the New Testament, thirteen are in the brief span of the Pastoral Letters (1 and 2 Timothy and Titus), with a whopping nine in 1 Timothy alone. Since the Pastorals are the last of the old apostle's letters, the matter of godliness is naturally charged with final urgency. For Paul godliness is no static, stained-glass word. It is active—kinetic obedience that springs from a reverent awe of God.³

12. How did Paul contrast physical training with godliness? (4:8)

Hughes and Chapell write,

What is so important to note here is that "train yourself to be godly" in its context primarily refers to training ourselves in and by the Scriptures for the purpose of godliness. Our diet is to be the Scriptures, and we are to exercise ourselves in them. We will become godly only through the most godly Book ever written—God's own Word.⁴

13. How is training for godliness “profitable for all things”? (4:8)

14. For what reasons do people today abandon their faith?

15. How can we prevent ourselves from being deceived by false doctrines?

16. How can we maintain a conscience that is sensitive to God’s will?

17. What good things do some religious leaders preach against?

18. How can we be good ministers of Jesus Christ?

19. For what good gifts will you thank God today?

20. What can you do this week to develop your godliness?

³ R. Kent Hughes and Bryan Chapell, *1–2 Timothy and Titus* (Wheaton, IL: Crossway, 2012), 113.

⁴ Hughes and Chapell, 116.