

Training for Godliness

Jesse Berthold / January 14, 2026

Wednesday Service

TRAINING FOR GODLINESS

1 Timothy 4:7–8 (NLT)

“7 Do not waste time arguing over godless ideas and old wives’ tales. Instead, **train yourself to be godly**. 8 “Physical training is good, **but** training for godliness is much better, promising benefits in this life and in the life to come.”

Paul’s instructions to Timothy...

First: Time is valuable, don’t waste it!

Second: To be godly, takes discipline!

Third: Training for godliness has greater benefits than training your body!

1 Timothy 4:1 (NLT)

Now the Holy Spirit tells us clearly that in the last times some will turn away from the true faith; they will follow deceptive spirits and teachings that come from demons.

HOW CAN WE TRAIN OURSELVES TO BE GODLY?...

FIRST:

By laying down anything that hinders my spiritual growth and removing any obstacle that causing me to sin...

Hebrews 12:1 (NKJV)

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us...”

SECOND:

By developing the habit of prayer, fasting and Bible study...

THIRD:

By staying in the fight and refusing to give up...

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