

Train Yourself
Courageous Message Series Week 5
1 Timothy 4:1-16
Pastor Scott Marshall
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Living courageously for Jesus means you must...

1. Point to truth. (1 Timothy 4:1-7a)

Identify false teachers and false teachings.
(1 Timothy 4:1-5)

Five tests to identify false teachers and false teachings:

- A. The Fruit Test (Matthew 7:15-20)
Bad fruit can be a sign of false teachers.
- B. The Lifestyle Test (2 Peter 2:1-3)
A priority of self for self-gain rather than sacrifice.
- C. The Gospel Test (Galatians 1:8-9)
Any message contrary to salvation by grace alone.
- D. The Christology Test (1 John 4:1-3)
Anything that denies Jesus is God in the flesh.
- E. The Scriptural Test (2 Timothy 4:3-4)
Compare everything to Scripture, God's Word.

Speak out against falsehoods. (1 Timothy 4:6-7a)

2. Train in truth. (1 Timothy 4:7-11; Psalm 119:11)

Training in godliness includes the spiritual disciplines...

- A. Studying God's Word
- B. Obedience to God
- C. Prayer & Fasting
- D. Accountability
- E. Community
- F. Worship
- G. Serving

3. Live out truth. (1 Timothy 4:12-16)

- A. Set an example. (1 Timothy 4:12; 1 Corinthians 11:1)
- B. Use your gifts. (1 Timothy 4:14; 1 Peter 4:10)
- C. Guard yourself. (1 Timothy 4:15-16; 1 Corinthians 16:13)

Questions for Reflection...

- 1. How may you be drifting from the truth?
- 2. What discipline can you train in better?