

~Anchor Bible Church Fall Kick-Off ~

August 31, 2026

Profitable for All Things

"Those who would be godly must exercise themselves unto godliness; it requires a constant exercise." Matthew Henry¹

"As athletes train their bodies, so Christians must train their souls." William Barclay²

"Christians are not athletes of the gymnasium; they are the athletes of God." William Barclay³

"Keeping the body with all its bodily desires well trained in the godly life is worth something, we must even say that it is a part of true godliness. Yet it is not the whole thing nor even the main feature; it is only "little" when it is compared with all that real godliness comprises. The base of godliness is in the spirit, its great field lies in the spiritual virtues, only a part of the territory lies in the body and the bodily members, in these physical instruments (Rom. 6:13) of the godly spirit, which are to be slaves (Rom. 6:19) of righteousness." R. C. H. Lenski⁴

"To exercise this godliness, to keep it constantly active in every way, is to have profit beyond compare. This exercise extends also to the body and includes also that small portion of profit; it is not lost. The great danger is to make it our chief concern." R. C. H. Lenski⁵

"Have we not all of us seen men whose extravagant devotion to bodily exercise has extinguished almost all intellectual interests, and apparently all spiritual interests also? But there are no such drawbacks to the exercise of godliness. 'Godliness is profitable for all things, having promise' not only 'of the life which now is, but of that

¹ Matthew Henry, *Matthew Henry's Commentary on the Whole Bible: Complete and Unabridged in One Volume* (Peabody: Hendrickson, 1994), 2355.

² William Barclay, *The Letters to Timothy, Titus, and Philemon*, 3rd ed. fully rev. and updated, The New Daily Study Bible (Louisville, KY; London: Westminster John Knox Press, 2003), 108.

³ William Barclay, *The Letters to Timothy, Titus, and Philemon*, 3rd ed. fully rev. and updated, The New Daily Study Bible (Louisville, KY; London: Westminster John Knox Press, 2003), 109.

⁴ R. C. H. Lenski, *The Interpretation of St. Paul's Epistles to the Colossians, to the Thessalonians, to Timothy, to Titus and to Philemon* (Columbus, OH: Lutheran Book Concern, 1937), 633.

⁵ R. C. H. Lenski, *The Interpretation of St. Paul's Epistles to the Colossians, to the Thessalonians, to Timothy, to Titus and to Philemon* (Columbus, OH: Lutheran Book Concern, 1937), 635.

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which is to come.' Its value is not confined to the things of this world, although it enriches and glorifies them all. And, unlike bodily exercise, its good results are certain. There is no possibility of excess." Alfred Plummer⁶

"Spiritual ends can be achieved only by spiritual men who employ spiritual methods." Oswald Sanders⁷

"The true and only way to be content is to be godly. Contentment is the daughter of godliness!" Thomas Jacombe⁸

"Lay aside any hindrance, for godliness is not to be a side-business, but a main-business." George Swinnock⁹

"Godliness is the worshipping of God in the inner workings of the heart and the outward actions of the life. Heart-godliness pleases God best, and life-godliness honors Him most. In a godly man's heart, though some sin is left, no sin is liked; in his life, though sin remains, yet no sin reigns." George Swinnock¹⁰

"Take heed of pampering the body, of treating it too gently and delicately. *Deny it nothing that may fit it for the service of God and your own souls, and allow it no more than may do that.* Thy pampering is ... unseemly. What! Make a darling of that which keeps us from our Lord; carry it gently and delicately and tenderly toward that which, while we carry about with us, we cannot be happy!... [Thy pampering is] injurious. If you bring up this servant delicately from a child, you shall have him become your son at length—yea, your master." ~Samuel Shaw¹¹

⁶ Alfred Plummer, "The Pastoral Epistles," in *The Expositor's Bible: Ephesians to Revelation*, ed. W. Robertson Nicoll, vol. 6, Expositor's Bible (Hartford, CT: S.S. Scranton Co., 1903), 422.

⁷ John F. MacArthur Jr., *1 Timothy*, MacArthur New Testament Commentary (Chicago: Moody Press, 1995), 163.

⁸ Thomas Jacombe, *Voices from the Past, Volume 2* (Edinburgh: The Banner of Truth Trust, 2016), 284.

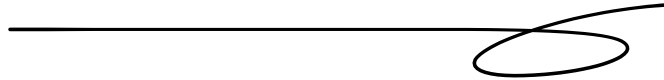
⁹ George Swinnock, *Voices from the Past, Volume 1* (Edinburgh: The Banner of Truth Trust, 2009), 303.

¹⁰ Ibid.

¹¹ Samuel Shaw, "Voice of One Crying in the Wilderness" in *Ore from the Puritan's Mine* (Grand Rapids, MI: Reformation Heritage Books, 2020), 40.

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1 Timothy 4:7-8 NASB: 7 But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; 8 for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

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.

1. Don't Waste Your Time (verse 7).

2. Train for godliness (verse 7).

3. Remember the why (verse 8).

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Be Like Jesus

By James Rowe

Earthly pleasures vainly call me,
I would be like Jesus;
Nothing worldly shall enthrall me,
I would be like Jesus.

Refrain:

Be like Jesus, this my song,
In the home and in the throng;
Be like Jesus, all day long!
I would be like Jesus!

He has broken every fetter,

I would be like Jesus;
That my soul may serve Him better,
I would be like Jesus.

All the way from earth to glory,
I would be like Jesus;
Telling o'er and o'er the story,
I would be like Jesus.

That in heaven He may meet me,
I would be like Jesus;
That His words "Well done" may greet me,
I would be like Jesus.

Questions for Reflection

1. What is the first command given in 1 Timothy 4:7?
2. What are some examples of "worldly fables" that you've noticed in yourself or in others?
 - a. Why should these things be avoided and rejected? See 1 Timothy 1:4; 4:7; 6:20-21; 2 Timothy 2:16, 23; 4:3-4.

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3. Rejecting worldly thinking is only part of growing in godliness. We also need to replace wrong thinking with godly thoughts. What kinds of things should we think, and how does that come about? See Ephesians 4:15-16; 1 Timothy 4:6; 2 Timothy 3:14-17; 1 Peter 2:2.
4. What is the second command given in verse 7?
5. The word *discipline* can also be translated *train, practice, exercise*. What might it look like to train, practice, exercise, and discipline yourself to be godly?
 - a. What do you learn from 1 Corinthians 9:24-27; 1 Tim. 4:7; Heb. 5:14; 12:11 that helps you understand even more what it means to discipline or train yourself in godliness?
6. What do you learn about godliness from Luke 6:40; 2 Timothy 3:16-17; Titus 2:11-14; 2 Peter 1:2-4, 5-8?
7. In 1 Timothy alone, Paul has quite a bit to say about the benefits of godliness, and how it holds promise for this life and the life to come. Consider *how godliness acts* or *what our response to godliness must be* from the following Scriptures: 1 Timothy 2:2, 9-10; 4:7-8; 5:4; 6:3, 5-6, 11.

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8. In verse 8, Paul introduces the idea that we discipline, train, practice, and exercise our *bodies*. What do you learn about this kind of training from verse 8?
9. What do you learn about the profitability of *spiritual* discipline, training, practice, and exercising from verse 8?
10. How should the information about pursuing godliness be received according to 1 Timothy 4:9?
11. What does Paul do because he considers godliness so valuable? See 1 Timothy 4:10. What reason does he give for making this his focus (verse 10)?
12. What are some ways you can exercise your thoughts and responses so they will grow increasingly more godly?
13. What are some principles to remember when it comes to training for and exercising for the purpose of godliness?