

Training Yourself to be Godly

Intro: Where we have been so far: Paul has just finished writing to Timothy about the correct behavior in the worship gathering and the qualifications for elders and deacons, ending with the beautiful doxology about the truths about Jesus Christ. Now he moves to more personal instructions for Timothy as a leader himself. He starts with some sobering words about the situation that Timothy finds himself in, in Ephesus.

A. The Reality of things (in other words, the problem!) v. 1-5

1. "later times"-When is this?
 - a. "'Later times' and 'the last days' both denote the Christian era, which Jesus inaugurated at his first coming and will consummate at his second." (Stott)
 - b. Paul prophesied this about Ephesus - Acts 20:29-31
 - c. Jesus spoke of this- Matt. 24:4-5, 10-12, 24
 - d. Paul say more about it later to Timothy- 2 Tim. 2:16-18; 3:1-5, 13; 4:3-4

2. abandoning of the faith -"Apostasia", not falling away through carelessness, but renouncing faith

3. more false teaching to come - myths, legalism

4. deceiving spirits - Eph. 6:12 the struggle has spiritual origins not merely human. Not demon possession necessarily but "the evil activity of blinding people to truth and persuading them of error." (Liefeld)

5. seared consciences - Eph. 4:18-19
 - a. "cauterized"-loss of sensitivity to sin; anesthetized, deadened; or
 - b. "branded" - "By teaching in the guise of truth what is actually false, they have been branded by Satan as belonging to him and doing his will." (Fee)

6. rejection of what is good- Gnosticism
"To reject food is to negate God's creative work. To receive it and be thankful are to acknowledge that work and our dependence upon God. There is a vital cause and effect connection between the true God and the created world, something the Gnostics later denied because of their mistaken idea that the world was evil..." (Liefeld)

7. hypocrisy - Matt. 23:23-24; 2 Tim 3:5 - having a *form* of godliness
"The grim sequence of events in the career of the false teachers has now been revealed. First they turned a deaf ear to their conscience, until it became cauterized. Next, they felt no scruple in becoming hypocritical liars. Thirdly, they thus exposed themselves to the influence of deceiving spirits. Finally, they led their listeners to abandon the faith." (Stott)

B. The Inward Response (what needs to happen personally) v. 6-11

(These things take intentional effort! They don't happen automatically.)

1. Be nourished in the truth- first by his mother and grandmother, second within the church, third by

Paul's mentoring

2. Reject godless myths and teachings- unreliable, undependable, teaching of heretics
3. Train yourself to be godly- "gymnaze" (exercise); "eusebeia"- right belief and obedient action, with reverence and fear of God, God-centered life

training (gymnasia) → beneficial → "for a few things"
godliness (eusebeia) → beneficial → "for all things"

a. the emphasis is on the "all things"; this is the contrast he is making; for this life **and** the life to come.

b. How do we train ourselves to be godly?

2 Tim 3:16

Heb. 5:14

Heb. 12:11

1 Cor. 9:25

Eph. 6:4

Luke 6:40

c. What do we know about physical training that can help us? Self-discipline, consistency, repetition, "suffering".

d. Spiritual formation and character:

"What is still sometimes neglected in both church and school is the development of character. Prayer, Bible reading, meeting attendance, witnessing, worship, obedience to specific biblical texts, moments of spiritual insight, and even revival are all tremendously important. Isolated acts and events, however, do not develop character. Character is developed by bringing these spiritual disciplines to bear together on our lives, on our attitudes and decisions, and on our relationships and actions." (Liefeld)

4. Put your hope in the living God - He is the one who is Savior

C. The Responsibility (how it works with others) v. 12-16 (10 commands to Timothy!)

1. teach others these things- what things?

2. be bold- in spite of your youth- 1 Cor. 16:10-11

3. be an example- a servant-leader

a. in speech (no quarreling) and in conduct (no hypocrisy)- outward visible traits

b. in love, faith (faithfulness), and purity- inward character traits

4. be devoted to the Word of God- the centrality of the Word (OT and apostolic)

a. Reading- hearing the story of which we are a part

b. Preaching - exhortation, encouragement, consolation

c. Teaching - instruction, sound doctrine (contrasted with the false teachings)

"The word of God should resound from the pastor's lips, and he is to speak with authority. Read the Bible. Explain the Bible. Exhort from the Bible. Teach the Bible. That's the charge. Demonstrate your submission to the authority of scripture." (Platt et al)

"Taken together, the three activities serve to remind believers of their identity in the people of

God and what behavior and behavioral changes that identity entails. (Towner)

5. use your gifts!- "charisma", given by God through the Holy Spirit, for the accomplishing of the task God has given him
6. be diligent- "Fan the flame", not static, needs to be developed; back to training!
7. the effect
 - a. others will see your life/ progress- growth should be evident
 - b. others will be saved- by Timothy? No, by hearing and seeing the gospel of Jesus Christ in his words and in his life.

Conclusion: Training in godliness is work! It doesn't happen automatically. It takes day in and day out commitment, discipline and intention. It doesn't mean we are trying to be "perfect" but that we are taking seriously the call to be godly, to be more like Jesus today than we were last week, and more like Jesus next year than we are today.

Application Questions:

1. *What false teachings have I encountered recently? What questionable teachings am I tempted to believe? Do I know what God's Word says about these?*
2. *What gifts do I think God has given me? How can I go about finding out what they might be? Am I using them for the benefit of others? How might I use my gifts in new ways?*
3. *Am I serious about growing in my knowledge and understanding of the Word? Do I think I would recognize false teachings?*
4. *Are there other people God has put in my life that I think He wants me to be an example of Jesus to? How might I seek to do that this holiday season?*

Bibliography

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"Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." (1 Timothy 4:7-8). Are you a top spiritual athlete? Not yet, perhaps, but you are a disciple in training, learning how to love and please God. Q3. (1 Timothy 4:7-8) How would you define "godliness"? "For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer." (1 Timothy 4:4-5). "Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." (1 Timothy 4:7b-8). Train yourself to be godly for physical training is of some value, but godliness has value for all things. (1 Timothy 4:7-8). Post navigation. My blog can now be found at <http://godlifit.com>. Please change your bookmarks and visit me at my new home for GodliFit. Be on the lookout for new content as well as opportunities to learn more about Life Language. Have a wonderful summer. Talk to you soon! Tonya. Tagged. #godliness #south bay #custom categories: sector: south bay. To add radio shows, DJ mixes & podcasts to up next use the buttons marked. Train Yourself to be Godly - Audio. by South Bay Church. Suggested: Finding Hope | Micah: The Road to Bethlehem - Steve Morici - Audio. by South Bay Church. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." - 1 Timothy 4:7-8 NIV. My oldest son and his wife were visiting recently, and they invited my husband and me to go for a walk with them to get some exercise. I was pleased when my husband jumped at the chance to join them, because he doesn't get as much exercise as he should. I was reminded of the apostle Paul's instructions in 1 Timothy 4:7-8 (NLT): "Train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." Paul is not condemning physical fitness here. What he's doing is trying to get God's people to order their priorities properly.