

1 Timothy 4:7-11

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What are you training for?

I. A Necessary Reminder (7)

A. Avoid worldly silly myths (ungodliness)

B. Instead train yourself for godliness

II. A trustworthy statement: Godliness is valuable in every way (8-9)

III. The reason: We rigorously pursue godliness because God has saved us (10-11)

Sermon Study Guide

(Reminder: The purpose of the questions is to explore the text and themes of the sermon. **Do not feel a need to go through all of the questions.**

The goal is to stimulate discussion/reflection and transformation related to the sermon text and themes.)

1. Although Paul addresses elders in vv. 6-7, his counsel applies to all of us. Have you gotten embroiled in a discussion/debate that you should have avoided? Consider what it means for you to “have nothing to do with” such debates (1 Tim. 4:7; cf. 2 Tim. 2:23; Tit. 3:10). Discuss how to apply Proverbs 26:4-5 (ESV) “Answer not a fool according to his folly, lest you be like him yourself. Answer a fool according to his folly, lest he be wise in his own eyes.”

2. In vv. 7-9, Paul contrasts bodily training with training for godliness, arguing that godliness is valuable in every way and in this life and the life to come. How does this argument expose false teachers who promote asceticism but lack godliness? Discuss what godliness is and what “training” you can pursue, with the Spirit’s help, to grow in godliness. “Godliness describes the outward evidence of a genuine faith in and reverence for God.” (Kitchens, The Pastoral Epistles, p 173). Consider whether you are training yourself in the right thing (godliness). What pursuits may be hindering you from serving Christ?

3. Not only is what Paul said in vv. 7-8 trustworthy, it is also the value system we build our lives around (v. 9). In v. 10, Paul grounds his argument in the gospel. “We toil and strive because our hope is set on the living God who is the Savior.” What in the context keeps us on the gospel road instead of drifting into a gospel of works salvation or a gospel of universal salvation? Since we are to train ourselves in godliness, as a result of experiencing grace and knowing God as Savior, how then should we toil and strive?