

August 1, 2021
I Timothy 4:6-8

TRAIN YOURSELF TO BE GODLY

I. Introduction

- Have you been enjoying the Olympic Games?
- People enjoyed the Olympic Games in Biblical Times

II. Paul uses the imagery of the games in his writings:

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. [25] Everyone who competes in **the games** goes into **strict training**. They do it to get a **crown** that will not last; but we do it to get a crown that will last forever. [26] Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. [27] No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. I Corinthians 9:24-27

[7] Have nothing to do with godless myths and old wives' tales; rather, **train yourself to be godly**. [8] 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. I Timothy 4:7-8

“**Discipline** yourself for the purpose of **godliness**. 8] For bodily discipline is only of little profit, but godliness is profitable for all things.”

Two Greek Words:

- Discipline: In Greek: *Gumnazo* = To Train (we get our word “gymnasium” from this Greek Word).
- Godliness: In Greek: *Eusebia* = Pious, Well revered

“...the idea of a personal attitude towards God that results in actions that are pleasing to God.” Jerry Bridges “*The Practice of Godliness*”

III. How Can We Train To Be Godly?

A. Remember: Godliness Takes _____

“**Train** yourself to be godly: Vs. 7

B. To Train For Godliness We Have To _____

“Train **yourself** to be godly: Vs. 7

C. The Value of _____ Training:

“For **physical** training is of some value,” Vs. 8

D. The Value of _____ Training:

“ but godliness has value for **all** things, holding promise for both the present life and the life to come. Vs. 8

E. Training For Godliness Requires _____,
_____, and more _____.

“It is practice that puts feet to the commitment. We must practice godliness just as athletes practice their particular sports. Just as there is no shortcut to Olympic level skill, there is no shortcut to godliness.” Jerry Bridges – *The Practice of Godliness*

F. The _____ for Training:

So whatever you eat or drink or whatever you do, do it all for the **glory of God.**” I Corinthians 10:31

IV. Conclusion And Application: