

August 21, 2016  
I Timothy 4:6-8

## TRAINING FOR GODLINESS

### 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
- 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

**POINTS TO PONDER**  
**THE DISCIPLES OLYMPICS:**  
**TRAINING FOR GODLINESS**  
**Week of August 21<sup>st</sup> to 27<sup>th</sup>**  
**August 21, 2016**

**Open It**

1. Why do you think there is such emphasis on physical fitness in our society?

**Explore It**

2. What did Paul instruct Timothy to do? (4:7)
3. How did Paul contrast physical training with godliness? (4:8)
4. What saying is trustworthy? (4:9-10)
5. What should young people strive for? (4:12)
6. 6.What kind of example did Paul want Timothy to set? (4:12)
7. \*To what was Timothy to devote himself? (4:13)
8. What was Timothy not to neglect? (4:14)
9. \*What did Paul want others to see? (4:15)
- 10.What could Timothy do to save himself and his hearers? (4:16)

**Get It**

11. For what reasons do people today abandon their faith?
12. From what good things have people persuaded you to abstain?

13. \*How can we be good ministers of Jesus Christ?
14. What does your use of time show about how much you value training for godliness?
15. In what ways can you be an example to other believers?
16. What importance does your church assign to the public reading of Scripture?
17. What gift has God given to you that you should not neglect?
18. \*How will watching your life and doctrine save you?

**Apply It**

19. \*What specific actions can you schedule into your daily routine to nurture your godliness?
20. For what other Christians can you set an example in speech, life-style, love, faith, or purity? How?
21. How can you keep watch over your life and doctrine this week?