

DEAR TIMOTHY: Is It Worth It?

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Text: 1 Timothy 4:1-16 (page 992)

Physical training is the breaking down of muscle to get stronger.

Spiritual training is the breaking down of self to get spiritually stronger.

Godliness is the best defense & offense in confronting false gospels.

In all false gospels, the "Plus Something" is always more important than Jesus.

All false gospels carry the appearance of wisdom but they are all powerless.

Training for godliness is much more important and valuable than we know.

Spiritual training has unlimited benefits.

Our hope will grow the more we train ourselves in godliness.

It is not about what you can do, but it is all about what God can do through you.

5 Examples of godliness:

1. Speech
2. Conduct
3. Love
4. Faith
5. Purity

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Food for Thought for the week of July 23, 2017

(Questions and Scriptures for further study and discussion.)

This week, please discuss how we can live out the Gospel and train ourselves in godliness.

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