

The Parchment



Studies for making fully devoted followers of Christ

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Spiritual Training 1 Timothy 4:1-10 Pastor Kirk Gambrell

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Using This Study

❶ EXAMINE His Word

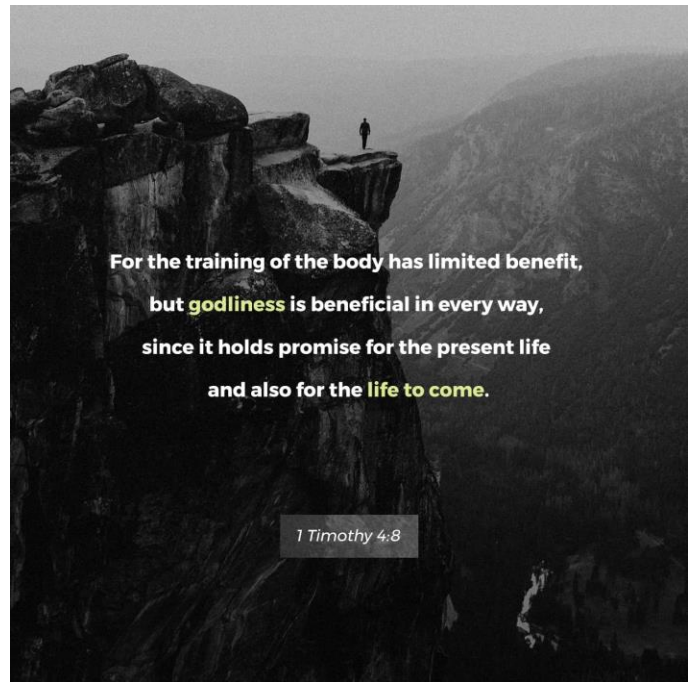
What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.



For the training of the body has limited benefit,
but godliness is beneficial in every way,
since it holds promise for the present life
and also for the life to come.

1 Timothy 4:8



In our study this week we will be looking at the first part of chapter 4 of 1 Timothy. Here Paul warns Timothy of the dangers that will be coming for believers and for the church. There will be those that will be deceived by demonic forces and will be lead away from the truth. Paul warns of these people prohibiting marriage and restricting food that God created. In response to this Paul encourages spiritual training for godliness so that we will not be deceived. Join us this week as we look at the importance of spiritual training and godliness.

Timothy's Ministry in the Later Times

1 Now the Spirit explicitly says that in the later times some will desert the faith and occupy themselves with deceiving spirits and demonic teachings, 2 influenced by the hypocrisy of liars whose consciences are seared. 3 They will prohibit marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. 4 For every creation of God is good and no food is to be rejected if it is received with thanksgiving. 5 For it is sanctified by God's word and by prayer.

6 By pointing out such things to the brothers and sisters, you will be a good servant of Christ Jesus, having nourished yourself on the words of the faith and of the good teaching that you have followed. 7 But reject those myths fit only for the godless and gullible, and train yourself for godliness. 8 For "physical exercise has some value, but godliness is valuable in every way. It holds promise for the present life and for the life to come." 9 This saying is trustworthy and deserves full acceptance. 10 In fact this is why we work hard and struggle, because we have set our hope on the living God, who is the Savior of all people, especially of believers.

o EXAMINE His Word (Observation) (For personal preparation)

What does God SAY? Prayerfully note significant details and terms emphasized in the foregoing passage.

1. Who is involved in the text? Author, audience, main characters.
2. Where and when is this taking place? Geography and timeline.
3. What actions are carried out or commanded? Look for the verbs.
4. Is there anything repeated?
5. What is emphasized?
6. What other areas of Scripture are directly related to this passage that might help us understand this passage better?
7. Are there things to be noted that are alike or unlike such as similes and metaphors?

③ EMBRACE His Word (Application) (For Community Group discussion)
Why does this MATTER to me?

14. Why is it important for us to protect marriage?

15. How should we train ourselves for godliness?

16. How does our hope in Christ impact how we work and struggle for the Kingdom?

Summarize your thoughts on the passage

Write about what God wants you to KNOW, to FEEL, and to DO...

Sermon Notes