

God's Household, Part 11: "Train for Godliness"
1 Timothy 4:6-10
Pastor Andrew Jun

Let's train ourselves for true godliness!

I. Part 1: Train Others to Discern Truth (vv. 6-7a)

1 Timothy 4:6-7a (ESV): *6 If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. 7a Have nothing to do with irreverent, silly myths.*

Truth #1: A goal of the church is to train disciples in the Word for discerning wisely.

- Inoculation = to introduce the bad idea (e.g. "brushing your teeth is bad for you") with the good idea (e.g. "people should brush their teeth daily")
- Refutation = to explain why the bad idea is bad and the good idea is good (e.g. "the claim brushing your teeth is bad for you is not true because...")
- Preparation = to equip people with thinking skills to discern bad and good (e.g. "this is how cavities form so you can figure out if brushing teeth is good or bad")

II. Part 2: Train Yourself for Godliness (vv. 7b-9)

1 Timothy 4:7b-9 (ESV): *7b Rather train yourself for godliness; 8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 9 The saying is trustworthy and deserving of full acceptance.*

Truth #2: Godliness is the content of what is promised in the Gospel of God's grace.

- See Micah 6:8, 1 Timothy 3:16.

III. Part 3: Hope for All Who Train (v. 10)

1 Timothy 4:10 (ESV): *10 For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.*

Truth #3: We can train for godliness by surrendering to God's words with hopeful purpose.

→ **Life Application:**

1. Train by intentional repetition in Word-centered life and church..
2. Train by pushing yourself to surrender when God speaks to you..