

# BUILDING A CHURCH THAT LASTS

A study in the book of 1 Timothy

TRAINING TIPS FOR SPIRITUAL FITNESS

1 Timothy 4:7-16

1 Timothy 4:7

. . . discipline yourself for the purpose of godliness;

“discipline” – from *gymnazo* = to \_\_\_\_\_ or \_\_\_\_\_ (where we get the word *gymnasium*)

WATCH YOUR \_\_\_\_\_

But have nothing to do with worldly fables fit only for old women. - 1 Timothy 4:7

KNOW THE \_\_\_\_\_

1. The Overall Goal = \_\_\_\_\_

But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; <sup>8</sup> for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come. - 1 Tim 4:7–8

“godly” = \_\_\_\_\_-like or \_\_\_\_\_-like. When a person is godly they are displaying god-like \_\_\_\_\_.

2. The Detailed Goal

Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe. - 1 Timothy 4:12

• Be Godly In What You \_\_\_\_\_

Let your speech always be with grace, *as though* seasoned with salt, so that you will know how you should respond to each person. Col 4:6

• Be Godly In What You \_\_\_\_\_

Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe *them*, glorify God in the day of visitation. - 1 Peter 2:12

• Be Godly In The Way That You \_\_\_\_\_

and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma. - Ephesians 5:2

- Be Godly Through \_\_\_\_\_

- Be Godly In \_\_\_\_\_

**“show yourself an example of those who believe.”**

**“example” – *tupos* = a mold; \_\_\_\_\_; \_\_\_\_\_ (that which represents the \_\_\_\_\_)**

**BE \_\_\_\_\_ IN YOUR TRAINING**

Until I come, give attention to the *public* reading of *Scripture*, to exhortation and teaching. <sup>14</sup> Do not neglect the spiritual gift within you, which was bestowed on you through prophetic utterance with the laying on of hands by the presbytery.

<sup>15</sup> Take pains with these things; be *absorbed* in them, so that your progress will be evident to all. <sup>16</sup> Pay close attention to yourself and to your teaching; persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you. - 1 Timothy 4:13–16