

### **Recap of 5/27/18 (1 Timothy 4:7-10)**

1. Paul instructions to Timothy in 1 Timothy 4, especially in light of the false teachers is to:

- remember the effect that good doctrine had upon his life
- avoid worthless conjecture
- be spiritually fit – trained in godliness
- be an example
- publically read, preach, and teach the Scriptures
- exercise the spiritual gift he's been given

2. Paul is fond of using athletic terms applying them to spiritual growth, spiritual endeavors as he does here in 1 Timothy 4:6-10.

3. Paul's point is that physical training (which was very important to the Ephesians) profits only a little, for this life. It thus has limited value, develops only a part of a person, and produces temporary results. On the other hand spiritual training is profitable "in all directions," including heavenward. Spiritual development has more importance than physical development because it develops the whole man or woman in body, mind, and spirit. Its value is eternal.

4. "Physical training is good, and even essential; but its use is limited. It develops only part of a man; and it produces only results which last for so short a time, for the body passes away. Training in godliness develops the whole man in body, mind and spirit, and its results affect not only time, but eternity as well. The Christian is not the athlete of the gymnasium, he is the athlete of God." (Wm. Barclay)

5. "If a Christian puts as much energy and discipline into his spiritual life as an athlete does into his game, the Christian grows faster and accomplishes much more for God." (Wiersbe)