

Getting Into Shape—Part 2
9 Essential Spiritual Disciplines
1 Timothy 4:3-6

I. The Spiritual Discipline of Discernment:

II. The Spiritual Discipline of G_____ (vs. 3-5)

- a. Some were teaching a false man-made self-righteousness that ***forbid marriage*** and encouraged ***abstaining from foods***
- b. God loves you and wants what is BEST for you!
- c. Genesis tells us that God made everything GOOD, including marriage, intimacy between a husband and wife, and food; and even after the Fall, God's goodness is still present in these Good Gifts (cf. Gen. 1:28–31; 2:18–24; 9:3; James 1:17)
- d. ***Marriage*** and the marriage bed should not be forbidden to appear righteous; they should be enjoyed as an act of worship (cf. 1 Cor. 7:5; Heb. 13:4)
- e. ***Foods*** should also not be forbidden to appear righteous; it too should be enjoyed as an act of worship (cf. Acts 10:15; Matt. 6:16-17; Mark 7:19; Acts 10:9–15; Rom. 14:1–12; Col. 2:16–17)
- f. The danger is when man-made rules, regulations, and rituals are used to earn righteousness and/or salvation!
 - i. We cannot make ourselves righteous; we must be declared righteous by God because of our faith (cf. Rom. 3:22; Phil. 3:8)
- g. Paul's counter to this false teaching is that every gift of God must be ***received with gratitude*** (cf. Ezra 7:9; Neh. 2:8; Acts 11:21)
 - i. God cares most about our hearts, and He wants us to ultimately delight in Him

- ii. He also wants us to worship the Creator, not the creation! (cf. 1 Cor. 10:31; Rom. 11:36; Ps. 73:24-26; John 17:22-24)

- h. ***sanctified*** (*hagiazō* / ἁγιάζω) = "to make something holy, to set something apart or dedicate it to God"
 - i. a grateful blessing is both an act of worship and a reminder that God is our Provider
 - ii. Gratitude leads to worship!

III. The Spiritual Discipline of N_____ (v. 6)

- a. ***a good servant of Christ Jesus***
 - i. "***pointing out***" (*hypotithemai* / ὑποτίθεμαι) = "to remind" or "to suggest;" "***put the brethren in remembrance***" (KJV)
 - 1. "***with gentleness and reverence***" (cf. 1 Peter 3:15)
 - ii. Serving Christ = our greatest joy (Matt. 20:28; Mark 10:45; John 13:1-17)
- b. ***constantly nourished on the words of the faith and of the sound doctrine*** = God's Truth (cf. Ps. 1:2-3; Matt. 4:4; 1 Peter 2:1-2; John 4:12-14; 6:32-35; 15:4-5)
 - i. "You are what you eat" = You must feed your mind, heart, and soul with God's Truth!
 - ii. Spiritual Junk Food = being "***conformed to this world***"
 - iii. God's Truth = being "***transformed by the renewing of your mind***" (Rom. 12:2; Eph. 4:22-24; Phil. 4:8)
- c. The world is not your friend and if you are not spiritually strong enough, you will not be able to protect yourself, your family, or the sheep God has entrusted into your care (cf. 1 Peter 5:8)