

Getting Into Shape—Part 3
9 Essential Spiritual Disciplines
1 Timothy 4:7-10

I. **The Spiritual Discipline of Discernment:**

II. **The Spiritual Discipline of Gratitude**

III. **The Spiritual Discipline of Nourishment**

IV. **The Spiritual Discipline of G_____ (vs. 7-9)**

a. Paul gives both a Negative & a Positive Principle:

i. **Separating from the World**

1. ***have nothing to do with worldly fables*** = staying away from worldly philosophies and false teachings (cf. Rom. 12:1-2; Col. 2:8; 2 Tim. 2:2, 23; Titus 3:10; 1 Peter 1:14-16; 2 Peter 3:11; 1 John 2:15-17; Rev. 4:8)
2. ***godliness*** = holiness = otherness = separation
3. ***fit only for old women*** is an idiom or common saying that infers uneducated people

ii. **Pursuing Christlikeness**

1. All Believers are being transformed into the image of Christ (cf. 2 Cor. 3:18; cf. Rom. 8:29; 12:2; 1 Cor. 11:1; Eph. 4:15; Phil. 2:12-13)
2. ***godliness = thrēskeia*** (θρησκεία) = "religion, piety, godliness," "how to act toward God" (cf. James 1:27)
3. ***discipline = gymnaze*** (γυμνασία) "to engage in physical exercise as a way of improving the body" (cf. 1 Cor. 9:24-27)
4. ***bodily discipline is only of little profit*** = other than being healthy, it can help our spiritual battle by giving us a clear & sober mind; but it is fleeting

5. ***godliness is profitable for all things*** = pursuing Christlikeness improves every area and era of our lives

iii. **Examples of Godly Disciplines:**

1. Bible Study (cf. Eph. 3:18-19)
2. Prayer (cf. Phil. 4:4-7)
A _____
C _____
T _____
S _____
3. Fellowship (cf. Heb. 10:23-25)
4. Application (cf. Matt. 7:24-27)

b. ***promise for the present life*** = prepares us for the journey

c. ***for the life to come*** = eternal rewards at the Bema Seat of Christ (cf. 1 Cor. 3:11-15; 2 Cor. 5:9-11; Rom. 14:10-12)

d. ***It is a trustworthy statement deserving full acceptance.*** (cf. 1 Tim. 3:1; 4:9; 2 Tim. 2:11; Titus 3:8)

V. **The Spiritual Discipline of H_____ (v. 10)**

a. Pursuing Christlikeness is hard work that ultimately is motivated and accomplished by God (cf. Phil. 2:12-13):

i. ***labor*** (*kopiaō* / *κοπιᾶω*) = "to work to the point of exhaustion"

ii. ***strive*** (*agōnizomai* / *ἀγωνίζομαι*) = "to strive to do something with great intensity and effort"

b. We are driven forward by our ***hope*** IN ***God***

i. ***the living God*** (cf. Phil 1:12–18, 27–30; 2:17; Col. 1:24, 25; 2 Tim. 1:6–12; 2:3, 4, 9, 10; 4:5–8)

ii. ***the Savior of all men, especially of believers***

1. Not universalism, but patience and grace (cf. 2 Peter 3:9; Matt. 5:45; Acts 14:17; Rom. 3:21-26)
2. Believers' judgment is removed forever!