

Getting Into Shape—Part 4
9 Essential Spiritual Disciplines
1 Timothy 4:11-13

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

II. **The Spiritual Discipline of Gratitude**

III. **The Spiritual Discipline of Nourishment**

IV. **The Spiritual Discipline of Godliness**

V. **The Spiritual Discipline of Hope**

VI. **The Spiritual Discipline of D_____ (vs. 11-12)**

- a. The Great Commission involves both trusting in Christ and obeying His commands (cf. Matt. 28:19-20; John 14:15, 21, 23)
- b. **teach** = *didaskō* (διδάσκω) = “teach, provide instruction”
- c. **Prescribe** (*parangellō* (παράγγελλω) = “to announce what must be done—to order, or **command**.” (cf. 1 Tim. 5:7; 6:13; Acts 17:30; Titus 2:15)
- d. **“We cannot continue to send our children to Caesar for their education and be surprised when they come home as Romans.”** (Voddie Baucham)
- e. **youthfulness** = mid to late 30’s (cf. Acts 16:1-3)
- f. **show yourself an example of those who believe** = Discipleship = sharing your life with others (cf. Heb. 13:7 Titus 2:7; 1 Cor. 4:16; 11:1; Phil. 3:17; 1 Thess. 1:5–6; 2 Thess. 3:7–9)
- g. **5 examples of your life to share:**
 - i. **speech** = what you say and how you say it, is transformed by God’s Word and His Holy Spirit (Eph. 4:25, 29; cf. Matt. 12:34-37; 2 Tim. 2:24–26)
 - ii. **conduct** = we must practice what we preach, or we are hypocrites (cf. James 3:13; 1:22; 1 Cor. 9:27; cf. Titus 2:10; 1 Peter 1:15; 2:12; 3:16)

iii. **love** = (*agape* / ἀγάπη) = not a feeling, but an unconditional action to benefit another (John 13:34-35; cf. John 15:13; Phil. 2:17, 25–30; Col. 1:24; 2 Cor. 1:5–11; 2:4; 6:4-10; 11:11, 23-29; 12:7-10, 12:15; 1 Thess. 2:7–12)

iv. **faith** = faithfulness or trustworthiness (cf. 1 Cor. 4:1-2; Matt. 13:3-9, 18-23)

v. **purity** (*hagneia* / ἁγνεία) = “purity, the quality of moral virtue” (1 Thess. 4:3-8; cf. 1 Tim. 3:2; 5:2, 22; 2 Cor. 6:6; Heb. 13:4; James 3:17; 4:8; 1 Peter 1:22)

VII. **The Spiritual Discipline of W_____ (v. 13)**

- a. Everything a Christian does, says, and thinks is a form of Worship, but these are 3 essentials to Corporate Worship:
 - i. **the public reading of Scripture** (cf. Ex. 24:7; Deut. 31:11; Josh. 8:35; 2 Kings 23:2; Neh. 8:1–8; Luke 4:16-20; Acts 13:15; 15:21; 2 Cor 3:14; Col. 4:16; 1 Thess. 5:27)
 1. **Scripture is P_____** (Ps. 19:7)
 2. **Scripture is P_____** (Isa. 55:11)
 3. **Scripture is G_____**
(2 Tim. 3:16-17)
 4. **Scripture is T_____**
(2 Peter 1:2-3)
 5. **Scripture is C_____** (Heb. 4:12)
 - ii. **exhortation** or **preaching** (cf. Eph. 4:11-12)
 - iii. **teaching** or **doctrine** (cf. (1 Tim. 1:10; 4:1, 6, 16; 5:17; 6:1-2; Rom. 12:7-8; Heb. 10:23-25)