

1 Timothy 4:6-11 If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed. ⁷ But reject profane and old wives' fables, and exercise yourself toward godliness. ⁸ For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. ⁹ This is a faithful saying and worthy of all acceptance. ¹⁰ For to this end we both labor and suffer reproach, because we trust in the living God, who is the Savior of all men, especially of those who believe. ¹¹ These things command and teach.

I. 4 Charges in 1 Timothy

1. **1 Tim 1:18** Be a Warrior against False Doctrine
2. **1 Tim 4:6** Be a Good Minister
3. **1 Tim 5:21** Be Impartial
4. **1 Tim 6:11** Be a Man of God

A. A Good Minister ¹teaches Sound Doctrine, ²feasts on the Word of God, ³heeds what he learns from every interaction with God.

1. 1st part of Charge 2- teach the church "these things"
 - a. Refers back to everything previous
 - i. False teachers, false doctrine, duties and qualifications of Deacons and Elders, conduct within the Congregation (Church), Duty of the Church to Pray

II. 2nd part of Charge 2- to be feasting on the Word of God and sound teaching (Doctrine)

A. **Tim Keller**- "prayer is ultimately a verbal response of faith to a transcendent God's Word and his grace, not an inward descent to discover we are one with all things and God."

1. Prayer is the **priority of the Church** and the **obligation of the believer**
 - a. **1 Timothy 2:1-8** Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, ² for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. ³ For this is good and acceptable in the sight of God our Savior, ⁴ who desires all men to be saved and to come to the knowledge of the truth. ⁵ For there is one God and one Mediator between God and men, the Man Christ Jesus, ⁶ who gave Himself a ransom for all, to be testified in due time, ⁷ for which I was appointed a preacher and an apostle—I am speaking the truth in Christ and not lying—a teacher of the Gentiles in faith and truth. ⁸ I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting;

2. Prayer removed from immersion in God's Word is not Christian prayer, it is a child's Christmas list.

- a. In God's word we learn of God, about God, why God, what God, etc...
- b. In Scripture we hear God speak clearly and authoritatively and through prayer we respond to that communication.

B. "good doctrine which you have CAREFULLY followed"

1. **Parakaloutheo**- to follow after, so to follow one as to be always at his side, to follow close, accompany
 - a. **Lk 1:3**- understanding
 - b. **2 Timothy 3:10** But you have carefully followed my doctrine, manner of life, purpose, faith, longsuffering, love, perseverance,
 - c. **Parakaloutheo** refers to utilizing sound doctrine as a model to pattern one's life after.

C. Christ's invitation to His disciples was to "come, follow me"

1. Uses various words other than parakaloutheo however the same idea is communicated in the context. **To follow after is to live in accordance with. To have one's behavior transformed as a result of what has been learned.**

III. 3RD POINT- HEEDS WHAT HE LEARNS

⁸ For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

A. A favorite metaphor of Paul is that of sporting competitions

1. **1 Corinthians 9:24-27** Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. ²⁵ And everyone who competes for the prize is temperate in all things. Now they

do it to obtain a perishable crown, but we for an imperishable crown. ²⁶ Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. ²⁷ But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

2. **2 Timothy 2:5** And also if anyone competes in athletics, he is not crowned unless he competes according to the rules.
 3. **2 Timothy 4:7-8** I have fought the good fight, I have finished the race, I have kept the faith. ⁸ Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.
 4. **Philippians 3:13-14** Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus
- B. In these references Paul points his readers to several points involved in the Christian life

1. **Struggle**

- a. "bodily exercise profits a little"
- b. An athlete pushes his body to do things that were previously impossible
- c. With each repetition, each lap, each throw or jump, the athlete becomes better
 - i. ***Every moment of life can be profitable for the believer***
 - ii. We can seize each opportunity and bring it into submission for our increase or we can watch it go by sitting on the couch
- d. **2 Corinthians 10:4-5 (NIV)** The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2. **Time**

- a. We each choose how we will spend our time.
- b. Time is the only commodity we cannot control the expenditure of**
 - i. Impossible to "save time"- by taking short cuts on project A you have not pocketed the extra 5 minutes, it will still be used at the exact moment it was to be spent--- 10:50:15 on July 15, 2020 will always be that specific moment
- c. An athlete uses his time to perfect his craft. He runs for speed and endurance. He lifts for strength and power.
 - i. If he did not use the available time for those activities he would still use the time but would not get better at his sport

3. **Sacrifice**

- a. Giving up one thing to have another of greater value or worth
 - i. An athlete gives up his time and energy in the pursuit of perfection to the fullest potential of himself.
 - ii. As previously mentioned, we cannot regain a single second of time
- b. An athlete may well want to take a break and rest, or sleep in, or eat an extra serving of ice cream, but those pleasures are given up

4. **Perseverance**

- a. Have you ever joined a gym only to find you don't go near as much as you thought you would?? It sounded like a great idea to get in shape
- b. A 24 hour workout membership will not result in a Schwarzenegger body by itself.
- c. Most of the time we do great for a few days or weeks then we miss a day and more days and finally we just quit

5. **Commitment to excellence**

- a. This really entails all the others above but it goes a little bit beyond...
- b. NOBODY EVER TRAINED FOR SECOND PLACE!!!**
 - i. Mary Lou Retton, Usiah Bolt, Cassius Clay, Bruce Jenner (Yes BRUCE) all trained to be first.
 - ii. They did not get to the level of second place performance and say that was acceptable.
 - iii. They pushed themselves beyond their capability until their capabilities were extended.

IV. For to this end we both labor and suffer reproach, because we trust in the living God, who is the Savior of all men, especially of those who believe. ¹¹ These things command and teach.

A. Our goal in living as Christians needs to be a full-fledged commitment to excellence

1. We can never be satisfied with second place

B. So what do we do to push forward???

1. Conduct a detailed, honest assessment

2. Prioritize the findings

3. START WITH THE EASIEST GOAL!!!

a. Building a history of success lends itself to further success

4. ***Always move forward***, **Phil 3:13-14**, if we look behind, we fall behind.

a. The direction of travel is dictated by the direction of one's attention.

b. Put on a blindfold and you WILL walk in circles