

**“Running the Race”**  
**Training in godliness - 1 Timothy 4:7-16**

**Train yourself to be godly (v.7-9)**

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance.

**1. Put your hope in God the Saviour (v.10)**

That is why we labour and strive, because we have put our hope in the living God, who is the Saviour of all people, and especially of those who believe.

**2. Set an example for others to see (v.11-14)**

Command and teach these things. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you.

**3. Be diligent and persevere (v.15-16)**

Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

## **“Running the Race”**

### **Training in godliness - 1 Timothy 4:7-16**

#### **Digging Deeper questions for small groups & personal reflection**

##### **Train yourself to be godly (v.7-9)**

How is what we believe linked to how we behave? Can you think of any examples in everyday life, & also specifically our beliefs about God?

Paul claims that his instructions are “a trustworthy saying that deserves full acceptance” (v.9). How can we discern whether what someone says to us is ‘trustworthy’ in the sense of being from God?

##### **1. Put your hope in God the Saviour (v.10)**

How is putting our hope in “the living God, who is the Saviour,” different than hoping in anything else?

How can we train ourselves to continually put our hope in Jesus?

##### **2. Set an example for others to see (v.11-14)**

Have you ever been struck by the godly example of a younger Christian (younger in physical age or someone who’s not been a Christian for long)?

How might God want you to set an example to others in your:

- Speech – using our words to build others up & speak truth
- Life – our actions must match up to what we say
- Love – looking to bless others, rather than pleasing ourselves
- Faith(fulness) – being committed & loyal to those around us
- Purity – our approach to sex and intimacy

Let’s pray that godly influence would rub off on each other at PBC!

##### **3. Be diligent and persevere (v.15-16)**

What does it mean to be ‘diligent’ in our faith in Jesus?

Why is it important that we don’t compare our ‘progress’ in the Christian life with other people’s? What is the main thing to remember?

What will help you persevere in the Christian race?