

I Am in Training

1Timothy 4:7 - "Exercise yourself
toward godliness"

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- 1Tim. 4:7 - "exercise yourself toward godliness" (NKJV)
 - "train yourself for godliness" (ESV, NET)
 - "train yourself to be godly" (NIV, NLT)
 - "discipline yourself for the purpose of godliness" (NASB)
- "Timothy is told that as an athlete trains his body, so the Christian must train his soul." (Barclay)
 - 1Tim. 4:8 - "godliness is profitable for all things"

Discipline

- Discipline means: "any training intended to develop moral character, or produce a pattern of behavior; training that corrects, molds, or perfects the mental faculties or moral character (Merriam-Webster)
- "A spiritual discipline is, when practiced faithfully and regularly, a habit or regular pattern in your life that repeatedly brings you back to God; spiritual disciplines can be described as behaviors that facilitate spiritual growth."
(<http://www.wcg.org/lit/spiritual/group/discip1.htm>)

Examples Of Spiritual Discipline

- Prayer

- Dan. 6:10 - “Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.”
- Col. 4:2 - “Continue earnestly in prayer, being vigilant in it with thanksgiving”

Examples Of Spiritual Discipline

- Meditation

- Psalm 1:1-2 - “Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; 2 But his delight is in the law of the LORD, And in His law he meditates day and night.”
- Phil. 4:8 - “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.”

Examples Of Spiritual Discipline

- Fasting

- Neh. 1:4 - “So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.”
- Acts 13:2-3 - “As they ministered to the Lord and fasted, the Holy Spirit said, Now separate to Me Barnabas and Saul for the work to which I have called them. 3 Then, having fasted and prayed, and laid hands on them, they sent them away.”
- Acts 14:23 - “So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.”

Examples Of Spiritual Discipline

- Singing
 - Psalm 71:23 - “My lips shall greatly rejoice when I sing to You, And my soul, which You have redeemed.”
 - Acts 16:25 - “But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.”

Examples Of Spiritual Discipline

- Giving

- Heb. 13:16 - “But do not forget to do good and to share, for with such sacrifices God is well pleased.”
- Acts 20:35 - “I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.’”

Examples Of Spiritual Discipline

- Assembling

- Psalm 122:1 - “I was glad when they said to me, Let us go into the house of the LORD.”
- Heb. 10:23-25 - “Let us hold fast the confession of our hope without wavering, for He who promised is faithful. 24 And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.”

Examples Of Spiritual Discipline

- Hospitality
 - Heb. 13:2 - “Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels.”
 - 3John 5-8 - “Beloved, you do faithfully whatever you do for the brethren and for strangers, 6 who have borne witness of your love before the church. If you send them forward on their journey in a manner worthy of God, you will do well, 7 because they went forth for His name's sake, taking nothing from the Gentiles. 8 We therefore ought to receive such, that we may become fellow workers for the truth.”

Examples Of Spiritual Discipline

- Teaching
 - Heb. 5:12-14 - “For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. 13 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. 14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.”

Discipleship

- Disciple literally means “a learner; one who follows another's teaching” (Vine’s)
- A disciple is not merely a learner, he is a follower in the sense that he imitates the manner of thought, speech, and life of his teacher and leader. He is one who disciplines himself to do so

Discipleship

- A disciple's chief goals:
 - To be like the teacher
 - Luke 6:40 - "A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher."
 - To be conformed to the image of God's Son
 - Rom. 8:29 - "For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren."

Determination

- Christians are in training until the end of life
 - 1Cor. 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.”

Determination

- Christians are in training until the end of life
 - 2Tim. 2:1-5 - “You therefore, my son, be strong in the grace that is in Christ Jesus. 2 And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also. 3 You therefore must endure hardship as a good soldier of Jesus Christ. 4 No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier. 5 And also if anyone competes in athletics, he is not crowned unless he competes according to the rules.”

Determination

- Christians are in training until the end of life
 - 1Tim. 4:7-9 - “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.”