

Title: Discipline Yourself for Godliness

Passage: 1 Timothy 4:7-8

Introduction: Questions of Reflection

Spiritually, what are you expecting to accomplish in 2019? What are your goals? What do you expect God to do this coming year?

- nothing can be accomplished without discipline
- Disciplining yourself: The key way to be successful in any area of life

Context of Passage:

1 Timothy written by Paul near the end of his life, relaying key truths to a younger person.

- living a godly life is key way to be counter-cultural

Passage: 1 Timothy 4:7-8

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Godliness:

Question: What does “godliness” mean to you?

- godliness = holiness (synonyms)
- Definition: personal reverence or piety or devotion to God that results in practical actions (attitude + action)
 - Devotion in action (not mere quiet reflection without action)
- You put God at center of your life. God is your example of life

Example of Enoch:

Genesis 5:22

Enoch *walked* with God after he fathered Methuselah 300 years and had other sons and daughters.

Hebrews 11:5

By faith Enoch was taken up so that he should not see death, and he was not found, because God had taken him. Now before he was taken he was commended as having *pleased* God.

- he walked with God and was pleasing to God

Why discipline yourself in godliness?

Benefits in this present life, and benefits in the life to come

1 Timothy 4:7-8

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Otherwise, you won't see the Lord

Hebrews 12:14

Strive for peace with everyone, and for the holiness without which no one will see the Lord.

- We are to strive for holiness after having been saved.

Note: our salvation is not dependent upon what we do.

- Our greatest deeds can never attain a level of holiness to save us

1 Corinthians 3:11

For no one can lay a foundation other than that which is laid, which is Jesus Christ.

- We are declared righteous based on righteous of Christ

Romans 5:19

For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

1 Peter 3:18

For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit

Hebrews 10:10

And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

1 Corinthians 1:30-31

And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, so that, as it is written, "Let the one who boasts, boast in the Lord."

- we are already made holy in Christ.
- As a result, we are to continue to live according and consistent to that holiness.

Titus 2:11-12

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,

- sanctification, which occurs after salvation/justification

2 Corinthians 13:5

Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!

We have the Holy Spirit, which resides in us.

Ephesians 1:13

In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit

John 14:26

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

"Someone who has truly been saved truly wants to live a holy life." (Jonathan Edwards)

James 2:19 (mere belief is insufficient)

You believe that God is one; you do well. Even the demons believe—and shudder!

- demons believe God exists but don't submit to Him as Lord

Matthew 3:8

Bear fruit in keeping with repentance.

- repentance: be sorry for your sins/hate sin, and turn to live for God for His glory/pleasure.

Train yourself

- “train” = root word from same as “gymnastics”

Hebrews 12:1

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

- we must throw off all another sin and encumbrances (besetting/habitual sins, anger/bitterness, etc.)

1 John 2:6

whoever says he abides in him ought to walk in the same way in which he walked.

- walking = about direction, not perfection

1 Corinthians 9:24-27

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Application

- No discipline, no growth/discipleship
- No training, no triumph

God commands our pursuit of holiness

1 Peter 1:14-16

As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, “You shall be holy, for I am holy.”

- get to work as Christ commands us to be disciplined/holy
- Spiritual disciplines
 - Contrast: legalism is self-centered (you want to gain God’s favor on your own terms)
 - Spiritual discipline is God-centered (you want to please God)

2 Chronicles 20:12

O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, *but our eyes are on you.*

Discipline starts from the Word of God

2 Timothy 3:16-17

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

- we must have a regular intake of God’s Word.
 - Not only read but meditate/analyze God’s Word.

Psalms 1:2-3

but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

- Apply God's Word as well
 - Consider how you can change your life in reaction to God's Word
- Prioritize corporate worship in God's Word with others (esp. Sunday mornings)
- Consider one area to be more disciplined and grow

Persevere

- you will fail and do so many times

Proverbs 24:16

for the righteous falls seven times and rises again, but the wicked stumble in times of calamity.

- Don't be discouraged when you fail. Continue to strive forward.
- Greater discipline will bring you great freedom and great joy
 - As conquer sin, it will free you up to do things you wouldn't have done otherwise
- Abstain from doing certain habits that distract or defeat you.
- There is always hope in Jesus Christ!
 - Keep going, don't give up!

Philippians 2:12-13

Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.

James 1:12

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.