

1 Timothy 4:6-16

Background: Paul warns of seducing spirits; (imposter, corrupter, misleading) and doctrines coming from the enemy.....because he (the enemy who is the devil) knows some word too, he comes to church too. These are tools in leading people to leave or walk out on the truth and faith. Just because you got hooked up to God one day, doesn't mean you won't cheat on Him or walk out on Him tomorrow. See the Children of Israel!

⁶ If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained.

6. What good ministers do? Remind the brothers of these things. Receiving things with sincere thanksgiving is good doctrine. There's another or other doctrines out there that will throw you off from the truth.

- Words of faith, speak faith and good doctrine, because that's how you have made it this far and attained some things.
- There is a need to remind people because we have a tendency to forget. Complaining about that job, when you got it you called it a blessing...you must have forgot.
- They pass on those things they have heard, received, and worked out in their lives.
- Major part of ministry is to remind people because we forget.

⁷ But refuse profane and old wives' fables, and exercise thyself rather unto godliness. ⁸ For bodily exercise profiteth little: but godliness is profitable unto 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 therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe. ¹¹ These things command and teach.

7. Don't take in stupid stuff and fables. Instead, exercise or work out with things that lead to godliness. Work out with things that make you like Him. Holy.

8. Exercising your body ain't a bad thing, but it only can benefit a few areas, and the benefits don't last long. The pump goes away after a while; but godliness (respect toward God and holiness) that benefits you in all areas. There is not one thing that living holy can't help you with.....better relationships...live holy; job success...live holy; help with spouse...live holy, etc.

- Two fold benefit. Both down here, and up there. It ain't just about heaven. Too many of us are waiting for heaven. That ain't a bad thing because heaven is a good thing.
- But this is saying you have the benefit and privilege to have some heaven down here right now.
- You have the promise of a new life in heaven and a new life and way of living right now. When we are not stepping into right now, then we are living beneath our privilege. Should be enjoying some heaven right now. What are you waiting for?
- Godliness takes exercise.
 - Great benefits tied to godliness...promises associated with it. You get a little now and a lot later. You get paid for this.
 - Profitable.....profit versus loss. Profit means you get more out of it than you put into it.

9. Faithful saying, will come true. You ought to be down with this. You can put full confidence in the benefits of godly living (following the steps/process through the power of Christ in you).

10. What we are working out for? We will have to suffer through some stuff when we do this kind of work out. Any work out requires you to suffer through some stuff. This work out requires you to go through the pain of reproach. Some folk won't like you or celebrate you when you are trying to live holy and enjoy heaven. The devil doesn't want you to enjoy the happy.

11. Teach this, command the pursuit of godliness and holy exercising. What are some holy exercises and workouts you can do? Here is a clue, don't just read and pray more; follow the steps so that you when you pray, you do it the correct way.

- These steps are found in the feasts (Lev 23).

¹² Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity. ¹³ Till I come, give attendance to reading, to exhortation, to doctrine.

12. Don't let people diss you just because you're young in age, or, just because you are young, don't do things that make you look bad in the ministry. Be an example of a believer. How to be the example of a good believer.

- In word....what you say, twitter, post, text, write, the crazy message you leave on the answering machine should reflect your belief and be an example of Christ that brings God glory.
- In your conversation and communication.

- In love extended toward others.
- In spirit...the inner most part of you, not just what's on the outside, but how you flow.
- In faith....because when others see your faith, they can learn to have faith.
- In purity...holiness.

13. Spend time and attention to reading...what do you read...sorry...do you read at all?

- Exhortation...do you encourage others? Encourage them to do what? Get heaven.
- Doctrine...the principles you base your beliefs on.

14 Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.

15 Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

16 Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.

14. Don't neglect or misuse the gift. Everyone has a gift. If you neglect something, it can't grow right; it weakens. Just cause you got it now, doesn't mean you'll be able to hold on to it if you neglect it.

- This reminds me of the parable of the talents and the one who didn't invest but instead buried his talent in the ground. It was taken away from him.

15. Focus on these things. Why tell him this. Because things in life can cause you to forget. Don't half step. Consider an athlete with a gift. They work out, not looking to waste their gift/talents. Be dedicated to the work of the ministry assigned to you. This ain't a government job.

- Reason for this.....so others can see how you are profiting and want to roll like that. That's how I got saved...I saw somebody else rolling in what I wanted.

Protect yourself, walk, status as a believer and the doctrine you stand on....some crazy stuff will hit you. Continuing will save you and others who hear and watch you.

- Not just about you. Others are involved in this thing too.
- Meeting with Jessie.
- Take heed of your actions because what you do must be consistent with what you preach.



God must really want us to have heaven and peace if He went through all of this trouble to make it available to us. The enemy must really hate us if he does all that he can to keep us from what God wants us to have. You choose who you want to roll with.