

1 TIMOTHY 4:6-11

“The Pursuit of Godliness”

Introduction-

Today we look at Paul’s challenge to godliness:

I. THE DIET LEADING TO GODLINESS - vv. 6-7

1- Give up Junk Food- v. 7

2- Feed on the Word- v. 6

II. THE DISCIPLINE LEADING TO GODLINESS - vv. 7-8

1- The Call to Training- v. 7b

2- The Value of Physical Training- v. 8a

3- The Superior Value of Spiritual Training- v. 8b

4- The Methods of Spiritual Training

III. THE DEVOTION RESULTING FROM GODLINESS - vv. 9-10

1- The Focus of This Devotion- “Hope”- v. 10b

2- The Passion of This Devotion- vv. 9-10a

3- The Person of This Devotion- v. 10b

Conclusion- Where is the focus of your life?