

## Living Godly Training

### Description

1 Timothy 4:6-11

Paul agrees that physical training holds some value (v. 8). However, when we exercise our spiritual muscles, we practice not only for this life, but also for the life to come.

Paul writes of good teaching in 1 Timothy 4:6. The book of 1 Timothy is a pastoral epistle written to a “minister of Jesus Christ,” giving Timothy guidance for his ministry. This letter to a young pastor still gives us good guidance today.

We have put our hope in the living God! We celebrate the living Lord. He is risen! We have assurance that God is the Savior of all people, but He requires us to believe. Our belief is in the living God.

Paul instructs Timothy to apply godly training to his life. This week, train yourself to be godly. Jesus overcame death and sent the Holy Spirit to empower us to be godly also. Still, God assigns us the responsibility not to lay back and receive, but to rise and train ourselves to be godly because Jesus has risen.

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