

Live Holy

Description

1 Timothy 4:7-16

It happened again this week. Posts have been going around social media that aren't true, yet I see a lot of brothers and sisters in Christ sharing them. Paul told Timothy to not get wrapped up in old wives' tales and godless myths but instead to train for godliness (v. 7).

What does training for godliness look like? Paul compares it to physical fitness. If you're a sports fan, you know that to be a top athlete, it requires daily practices. Pretty much every day, you have to be practicing the skills necessary for the particular sport, exercising to improve or maintain your strength and cardiovascular fitness, and monitor what you are taking in through food and drink.

Godliness works in much the same way. Every day, we need to be studying Scripture and theology so that we can grow our knowledge of the things of God, spend time in prayer and listening to God to improve or maintain our spiritual fitness, and be monitoring the messages we are allowing into our mind and consciences.

Author: Joe Foltz

Date Created

2024/10/12

The Foundry Publishing