

Are you Spiritually Fit?

1 Timothy 4:1-10

¹ Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, ² through the insincerity of liars whose consciences are seared, ³ who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. ⁴ For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, ⁵ for it is made holy by the word of God and prayer.

⁶ If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. ⁷ Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸ 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. ⁹ The saying is trustworthy and deserving of full acceptance. ¹⁰ For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

- 1 Timothy 4:1-10 -

WHAT TO SET ASIDE [1 TIMOTHY 4:1-3]

And no wonder, for even Satan disguises himself as an angel of light. - 2 Corinthians 11:14 –

If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— “Do not handle, Do not taste, Do not touch” (referring to things that all perish as they are used)—according to human precepts and teachings? These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh. - Colossians 2:20-23 -

PATH TO FITNESS [1 TIMOTHY 4:6-10]

1. A Proper Diet [1 TIMOTHY 4:6]

⁷ The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; ⁸ the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; ⁹ the fear of the Lord is clean, enduring forever; the rules[d] of the Lord are true, and righteous altogether. ¹⁰ More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. ¹¹ Moreover, by them is your servant warned; in keeping them there is great reward. - Psalm 19:7-11 -

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2. A Proper Discipline [1 TIMOTHY 4:7-8]

3. A Proper Motivation (Source of Strength) [1 TIMOTHY 4:9-10]

*... work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for His good pleasure. - **Philippians 2:12-13** 12 -*