

**Take Heed to Yourself & to the Teaching
(1 Timothy 4:1-16)**

Grace Chapel December 13, 2009 Dr. John Niemelä

INTRODUCTION

DOCTRINES OF DEMONS (4:1-5)

From his day onward the Spirit says some will abandon the faith & heed demonic teaching (4:1)

When did the Holy Spirit say this? (I think He said it more than once. We will look at one case.

Acts

When are *the latter times*?

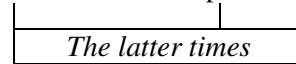
Fall



Earlier times

1st Advent

Rapture



Doctrines of demons

How does this relate to 1 Timothy?

[Those who abandon the faith & heed demonic teaching] will speak hypocritical lies, because their consciences are seared (4:2)

Some examples of demonic teaching will include forbidding marriage & requiring abstinence from foods; God created both to be thankfully received by those who believe the truth (4:3)

[Foods that God created to be thankfully received by those who believe the truth], because what God created is good, not to be refused (as evil), if received thankfully (4:4-5)

A GOOD MINISTER NOURISHED BY THE WORD & NOURISHING OTHERS IN IT (4:6–11)

As a good minister of Jesus Christ who is nourished in the word & truth (that Timothy learned from Paul) he will instruct the brethren in (truth) (4:6)

[As a good minister of Jesus Christ, Timothy] is to reject fables, but enter a training regimen for godliness (4:7)

Why are these fables called old-wives' tales?

Cf. 1 Tim 1:9; 6:20; 2 Tim 2:16

The word translated exercise is *gumnazö* (from which our word *gymnasium* comes)
Paul here compares the training for godliness to training for competitive athletics

It is a faithful saying that is worthy of belief: Bodily exercise profits a little (that is, at a temporal bema only), but godliness profits in all ways (benefitting both in this life and (in regard to rewardability) in the life to come) (4:8–9)

Question: Is physical exercise work?

Is exercising godliness work?

Observation: Work is distinct from grace (Rom 4:4–5 clarifies)

We both labor & strive for the purpose [of receiving the profits of godliness in this life and in the life to come], because we have expectancy concerning our Living God, who is the deliverer of all people, but is especially the deliverer of believers (4:10)

Command and teach these things (4:11)

ADVICE FOR GROWTH IN THE MINISTRY (4:12–16)

Timothy is not to (give excuse for people) despising his youth, but is to be exemplary for believers in his speech, conduct, attitude, faith, and moral purity (4:12)

He is to treat as important the (public) reading (of Scripture), exhortation, and teaching, until Paul returns (to Ephesus) (4:13)

He is not to neglect using the (spiritual) gift that is in him, which was given (recognition) by prophecy and the elders laying hands upon him (4:14)

He is to give serious attention to these things so his progress may become evident to all (4:15)

Continued attention to himself (in regard to his use of Scripture) and continued teaching (of Scripture) will deliver both himself and his hearers (4:16)

CONCLUSION