

*Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:7-8 (NIV)*

## **In Training**

**What do you think it would require for someone to train to become an Olympic athlete?** I'm sure that it would take their all out, fully committed efforts to become an Olympic athlete. **Give me some examples.** They would need to devote their entire life to their goal. So, that would require rigorous physical training every day. Their diet would be limited to only what would be healthy for the care and maintenance of their body. No junk food would go into their mouth that's for sure. They would also need to make absolutely sure that they were receiving the optimal amount of sleep and rest. Beyond that they would never stop studying how they might gain an advantage in both their training and actual competition. Then they would compete regularly against the best competition in the world so that they would continually be pushed to their limits. After all these fully devoted efforts they might reach their goal of being an Olympic athlete. **You have a good grasp of what it would cost to be an Olympic athlete.**

**Of how much value do you think it might be to be an Olympic athlete?** It would certainly be of value to be in great shape physically. I know that you want me to take care of my body. **Yes, I do.** Being an Olympic athlete might give someone a platform from which they could do great work in society. **Yes, it might.** Good health might help someone to be able to energetically serve you for a longer period of time. **That's also true. But at the end of a life how much value will there be in physical training?** At the end of life there will be no value in physical training. Physical training adds value only in this life. **Yes, that's right.**

**What kind of training holds value in this life and for all eternity?** Training in godliness holds value both now and forever. **Yes, it does. Are you training in godliness?** Yes, I am. As I meet with you daily in your word I am in training. As we talk together in prayer I am in training. As I follow, obey and serve you I am in training. As I worship you, together in the body of believers I am in training. As I live as your witness in the world I am in training. **Yes, you are. What do you hope will be the end result of all your training in godliness?** I want to know and love you well. I want to be changed by being in your presence. I want you to mold and shape my life according to your purposes and plans. I want to be the person you want me to be. I want to live the life you have given me to live. I want to have done what you have asked me to do. I want to bear an abundance of fruit for your kingdom and your glory. **These are all very good desires. As you are in training with me do you believe that I will accomplish all of these things in and through your life?** Yes, I do without a doubt. **You are right.**

*Lord, help me to be diligent, devoted and committed to growing in my relationship with you. I want to know you. I want to be changed by you. I want my life to be molded and shaped by you. I want to love, follow and serve you well. Amen*

**Life** *Train Yourself*

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

NIV 1 Timothy 4:7-8

**Life** *Train Yourself*

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 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.

ESV 1 Timothy 4:7-8

**Life** *Train Yourself*

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

NLT 1 Timothy 4:7-8

**Life** *Exercise Yourself*

But reject profane and old wives' fables, and exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

NKJV 1 Timothy 4:7-8

**Life** *Train Yourself*

Have nothing to do with profane myths and old wives' tales. Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come.

NRSV 1 Timothy 4:7-8

**Life** *Exercise Daily*

You've been raised on the Message of the faith and Stay clear of silly stories that get dressed up as religion. Exercise daily in God—no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever.

MSG 1 Timothy 4:7-8

**Life** *Train Yourself*

But refuse and avoid irreverent legends (profane and impure and godless fictions, mere grandmothers' tales) and silly myths, and express your disapproval of them. Train yourself toward godliness (piety), [keeping yourself spiritually fit]. For physical training is of some value (useful for a little), but godliness (spiritual training) is useful and of value in everything and in every way, for it holds promise for the present life and also for the life which is to come.

AMP 1 Timothy 4:7-8

**Life** *Keep Spiritually Fit*

Don't waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.

TLB 1 Timothy 4:7-8

**Life** *Discipline Yourself*

But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

NASB 1 Timothy 4:7-8

**Life** *Train Yourself*

But do not follow foolish stories that disagree with God's truth, but train yourself to serve God. Training your body helps you in some ways, but serving God helps you in every way by bringing you blessings in this life and in the future life, too.

NCV 1 Timothy 4:7-8

# Train Yourself

Year \_\_\_\_ Week \_\_\_\_ Day \_\_\_\_ Date \_\_\_\_

**Life** – 1 Timothy 4:7-8

**In Context:** *Read 1 Timothy 4*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:7-8

**Considering The Words:** ***(What words speak to your heart?)***

Have nothing | to do | with | godless myths | and | old wives' tales; | rather, | train yourself | to be | godly. | For | physical training | is | of some value, | but godliness | has value | for | all things, | holding promise | for both | the present life | and | the life | to come. 1 Timothy 4:7-8

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**Praying The Scripture:** ***(What prayer from your heart will you write?)***

Lord, help me to be diligent, devoted and committed to growing in my relationship with you. I want to know you. I want to be changed by you. I want my life to be molded and shaped by you. I want to love, follow and serve you well. Amen

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**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

How are you keeping yourself away from whatever might hinder your growth as a follower of Jesus Christ?

What similarities are there between training for physical fitness and training in godliness?

How does your diligence in training for godliness compare with the intensity of an Olympic athlete's physical training?

**What patterns, practices, and habits in your life are helping you to grow as a follower of Jesus Christ?**

How are you being diligent and giving yourself wholly to growing as a follower of Jesus Christ?

**How is your life of loving and following the Lord serving as an example that others can follow?**

**What spiritual progress and growth in godliness are others noticing in your life?**

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**Living It Out:** ***(What action step is God guiding your heart to take?)***

Be diligent, devoted and committed to spending time and effort daily to grow in your relationship with Jesus Christ.

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**Seeing It Happen:** ***(What are you trusting God for in your heart?)***

Have faith that whatever time and effort you commit to growing in your relationship with the Lord will not be wasted.

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**Get Ready To Share:** ***(What can you share with others from your heart?)***

Share with another person or your small group how you are vibrantly growing in your relationship with Jesus Christ.

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**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you be diligent, committed and devoted to your training in godliness as a follower of Jesus Christ.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I want to know and love you well. Mold, shape and change my life so I can faithfully follow and serve you.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how do you want to mold, shape and change my life today as I love, follow and serve you?*

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