

I TIMOTHY 4; November 16; Exercises For Timothy's Profit

ANALYSIS:

1. What world-wide religion is clearly referred to in verses 1-3 of this chapter? _____
2. What verse in this chapter repeals the dietary laws of the Old Testament? _____
3. How much profit is there in physical exercise? _____
4. What three things did Paul tell Timothy to give attendance to?

5. Explain what salvation is being described in verse 16.

THINGS TO THINK ABOUT:

In verse 8 the apostle teaches us that bodily exercise does profit a little. However, by contrast, the exercise of godliness is profitable in all things because it profits in this world and in the world to come. Physical exercise may be useful in order to maintain our physical strength and health in this life, but the exercise of godliness is far more profitable because it prepares us to live for and honor Jesus Christ in this life, and it prepares us to meet our coming King with joy when he returns. Further, godliness exercised in our lives will bring the blessing and favor of God upon us and our families.

How have you exercised today? Have you exercised yourself unto godliness? Have you sought the face of the Lord in prayer? Have you counted your blessings and praised the Lord with the voice of thanksgiving? Have you spoken to other brethren about the Lord Jesus Christ? Have you exercised yourself in the study of God's precious word? Have you meditated on the Lord and the reality of his soon appearing? Have you served others in the name of the Lord Jesus? The more you exercise yourself in these pursuits, the more spiritually fit, Christ honoring, holy, and heaven anticipating you will become.

HELP:

1. The Roman Catholic Church.
2. Verse 4.
3. Only a little (v 8).
4. Reading, exhortation, and doctrine (v 13).
5. Salvation from doctrinal error and carnal Christianity.