I Am in Training

Introduction: Compiled by Paul R. Blake

A. 1Tim. 4:7 - "exercise yourself toward godliness"
   1. Compare other translations...
      a. "train yourself for godliness" (ESV, NET)
      b. "train yourself to be godly" (NIV, NLT)
      c. "discipline yourself for the purpose of godliness" (NASB)
   2. "Timothy is told that as an athlete trains his body, so the Christian must
      train his soul." - Barclay
      a. 1Tim. 4:8 - "godliness is profitable for all things"
   3. “Dad, how do you remember so many scripture references?” Daily use
      for over 35 years as a preacher, 42 years as a Christian, and 51 years
      of Bible classes. A lifetime of training and discipline, and I must do it for
      the rest of my life.

I. DISCIPLINE
   A. Spiritual discipline
      1. Discipline means: "any training intended to develop moral character, or
         produce a pattern of behavior; training that corrects, molds, or perfects
         the mental faculties or moral character (Merriam-Webster)
      2. "A spiritual discipline is, when practiced faithfully and regularly, a habit
         or regular pattern in your life that repeatedly brings you back to God;
         spiritual disciplines can be described as behaviors that facilitate spiritual
         growth." (http://www.wcg.org/lit/spiritual/group/discip1.htm)
   B. Examples of spiritual discipline
      1. Prayer - in which one spends time talking to God - Dan. 6:10; Col. 4:2
      2. Meditation - in which one contemplates God's Word, or other worthy
         matters - Psalm 1:1-2; Phil. 4:8
      3. Fasting - usually accompanied with prayer, in which one abstains from
         food and material comforts - Neh. 1:4; Acts 13:2-3, 14:23
      4. Singing - through which one can praise God and be edified -
         Psalm 71:23; Acts 16:25
      5. Giving - by which we can please God - Heb. 13:16; Acts 20:35
      6. Assembling - where we exhort each other - Psalm 122:1; Heb. 10:23-25
      7. Hospitality - showing kindness to strangers - Heb. 13:2; 3John 5-8
      8. Teaching - benefits the teacher as well as the student - Heb. 5:12-14

II. DISCIPLESHIP
   A. Disciple literally means "a learner; one who follows another's teaching" - Vine
      1. A disciple is not only a learner, he is a follower in the sense that he
         imitates the manner of thought, speech, and life of his leader
   B. A disciple’s chief goal: to be like the teacher - Luke 6:40
      1. Be conformed to the image of God’s Son - Rom. 8:29

III. DETERMINATION
   A. Christians are in training until death - 1Cor. 9:24-27; 2Tim. 2:1-5; 1Tim. 4:7-9