



Sunday April 09, 2017
1 Timothy Series
Chapter 4 : Be An Example To The Believers

We continue our study on 1 Timothy

Brief Review

As a reminder, 1 Timothy is an Epistle the apostle Paul wrote to Timothy whom he put in charge of the church in Ephesus. Timothy served under Paul for about 18 years. Timothy is now a young man, about 34 or 35 years of age. Paul is writing primarily to instruct Timothy how to lead and take care of the Ephesian church.

Lets Read 1 Timothy chapter 4

Now lets study this chapter.

1 Timothy 4:1-5

1 Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons,
2 speaking lies in hypocrisy, having their own conscience seared with a hot iron,
3 forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth.
4 For every creature of God is good, and nothing is to be refused if it is received with thanksgiving;
5 for it is sanctified by the word of God and prayer.

Paul is once again reminding/warning Timothy about the work of deceiving spirits and demons that promote all kinds of wrong teaching, ideas that could draw people away from the faith.

Men/women who are empowered by deceiving spirits and demonic powers promoting such teachings (A)speak lies in hypocrisy and (B)have their own conscience seared.

They make up rules that actually control and dictate peoples lives, e.g. forbidding to marry, what foods to eat/not to eat.

So when you hear teaching that goes against God's Word and controls and manipulates you, your choices, how you live life, you have to be careful.

Instead Paul lets us know that for those of us who know and believe the truth, we can eat any food - all we do is sanctify and cleanse it with the Word of God and prayer. (This is why we 'say grace' before we eat!).

(Note: see how Paul repeatedly speaks about the conscience in this epistle to Timothy.)



1 Timothy 4:6

6 If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed.

In view of demonic activity in promoting wrong doctrines to deceive and draw people away from the faith, Timothy's role - and the role of any spiritual leader - is to instruct believers and nourish them in words of faith and sound doctrine.

Believers need to be nourished in the words of faith and of the good doctrine. That is why here at APC we lay so much emphasis on the ministry of the Word of God. This is so vital for the believer, especially given the times in which we live.

The best way to combat error and false teaching is to establish people in the truth.

A good minister first of all is himself/herself established in the words of faith and good doctrine and carefully follows them, in their own life. They are then able to instruct and nourish others.

1 Timothy 4:7-9

7 But reject profane and old wives' fables, and exercise yourself toward godliness.

8 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.

9 This is a faithful saying and worthy of all acceptance.

As a man of God, Paul encourages Timothy to exercise towards godliness, i.e. train yourself toward godliness or holiness. Godliness, holiness and growth in spiritual things comes through training.

Training in general is not easy. It requires discipline, hard work, sacrifice.

Similarly to develop and grow in godliness - we must be willing to train ourselves.

Doing so has benefits both in this life and in the life to come.

This is truth that is worthy of all acceptance - that everyone should embrace and readily accept.

(Can challenge people with practical ways to grow in holiness and spiritual life)

1 Timothy 4:10-11

10 For to this end we both labor and suffer reproach, because we trust in the living God, who is the Savior of all men, especially of those who believe.

11 These things command and teach.

As ministers of God we are laboring towards this - establishing God's people in words of faith and sound doctrine, exercising ourselves in holiness. As we labor towards this we also suffer reproach (are spoken bad about, reviled)...but we trust in the living God who is our Savior.

Paul encourage Timothy to "command and teach"

To command is to instruct clearly and require obedience to God's Word that you teach.



1 Timothy 4:12

12 Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.

Though Timothy was young, Paul encourages him to "be an example to the believers". He as a leader sets the standard, is the role model. Then no one will look down on his being young.

Be an example in
word, speech, what you say,
conduct, manner of life, behavior, how you live
love, how you love people
spirit, the kind of person, the nature, the character, who you really are
faith, your faith in God
purity, holy living,

1 Timothy 4:13

13 Till I come, give attention to reading, to exhortation, to doctrine.

Pay attention to
reading, public reading of the Scriptures
exhortation, preaching, encouraging, inspiring, comforting from the Scriptures
doctrine, teaching, instruction from the Scriptures

These are 3 things that must happen in the local church: the reading, preaching and teaching of the Word of God.

1 Timothy 4:14

14 Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership.

Paul encourages Timothy not to neglect the gift that is in him. Spiritual things, gifts can be imparted. However, they need to be used or exercised otherwise they get dormant.

1 Timothy 4:15

15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all.

Paul encourages Timothy to
meditate or seriously ponder, think about these things
give himself entirely to doing these things
If he does so, his growth/progress will be seen by others.



1 Timothy 4:16

16 Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.

A final word and something very important.

Paul instructs Timothy to watch over his own life and to what he teaches.

As spiritual leaders we need this ability to be self-governing (with the help of the Holy Spirit of course). We need to be able to watch over our selves, and watch what we teach and preach.

We will thus protect ourselves and those who listen and learn from us.

KEY TAKEAWAY

vs 12 : Be an example to the believers

As a spiritual leader Paul instruct Timothy to set an example so others can follow, despite his youth, his inexperience, etc.