Discipline Yourself for Godliness

1st Timothy 4:7-11

(series #16)

Intro: our tendency to be pendulum people - Matt. 10:16

I. The Elements of Genuine Salvation - Matt. 16:24

- A. We have to deny ourselves
- B. We have to die to self (take up the cross)
- C. We have to surrender to follow Christ

II. Paul's Exhortation to Train to Godliness v. 7

- A. Reject profane and old wives' fables
- B. Exercise yourself to godliness - 1st Cor. 9:27

III. The Value of Training to Godliness vv. 8-11

- A. Bodily exercise is of some value
- B. Exercising to godliness has eternal valuate
- C. This is a faithful, important statement
- D. This is why we labor and strive for godliness
- E. We pursue godliness in response to salvation
- F. God is the savior of all men
  1. He desires all men to be saved
  2. Jesus gave Himself a ransom for all
  3. God provides earthly benefits for all
  4. God has not sent all to hell already
  5. Only believers will experience God's salvation eternally
- G. The responsibility of shepherds to teach this

Conclusion: Are you exercising yourself to godliness?