

## Healthy living - 1 Timothy 4:1-16

15<sup>th</sup> November 2020

### Introduction

“Healthy living” spiritually

3 lenses for this passage...

### Recognising false teaching (verses 1-6)

verses 1-2:

- There will be false teaching
- People will be led astray
- The source of the teaching...
- See also Matthew 12:30, 7:13-23.

#### **Note on verses 3-5:**

The false teaching in Ephesus was of a different character to much of the false teaching we face today. In verses 3-5 Paul refers to those who forbid certain things, like marriage and certain foods. Today, more often the false teaching relates to permitting things that God's word doesn't permit.

We might say that in first century Ephesus they were adding to the gospel message (“you need Christ **and** to keep certain laws”); today the greater danger is taking away from the gospel message (“you can have Christ and live however you want”). One is denying, the other is permitting, but both are ultimately changing the gospel and therefore are examples of false teaching.

### *Application – Living in Love and Faith*

#### If engaging:

> *Don't be led astray*

“Never forget that truth is of more importance to a church than peace.” (Bishop JC Ryle)

> *Hold what you read and hear against the plain meaning of Scripture*

#### All of us: Pray!

*Bishops; Church of England Evangelical Council (CEEC); future*

#### If you're looking into the Christian faith...

### Responding with godliness (verses 7-10)

> Don't waste your time debating finer points of theology...

> Train yourself to be godly.

#### *What is godliness?*

3:16 – Christ is the mystery of godliness. See also 2 Corinthians 3:18

#### *Why pursue godliness?*

4:8. Godliness and happiness go together – now, and in eternity.

“Holiness is a most beautiful and lovely thing. We drink in strange notions of holiness from our childhood, as if it were a sad... sour and unpleasant thing; but there is nothing in it but what is sweet and ravishingly lovely. It is the highest beauty and loveliness, vastly above all other beauties. It is a divine beauty, it makes the soul heavenly and far purer than anything here on earth. This world is like mire and filth and defilement to that soul which is sanctified. It

is of a sweet, pleasant, charming, lovely, amiable, delightful, serene, calm and still nature.” (Jonathan Edwards)

“Godliness is not teeth-gritting duty,  
but flower-blooming beauty.”

“The greatest gift I can give my congregation is my godliness.”  
(Robert Murray McCheyne).

### ***Application***

- > Physical training is of some value
  
- > Godliness training
  
- > Engage in a godly way

### **Realising the role of church leaders (verses 11-16)**

Role description: v12b-13, 6, see also Acts 6:4.

- > Godliness
- > Reading and teaching Scripture  
    including pointing out error / false teaching
- > Prayer

### **Conclusion**

### **Taking it further**

*Living in Love and Faith (LLF)*

- > Church of England Evangelical Council – [www.ceec.info](http://www.ceec.info)
- > Article by Ian Paul: <https://www.psephizo.com/sexuality-2/how-should-we-engage-with-living-in-love-and-faith>