

**1Tim 4:7**, “... But reject profane  
and old wives' fables, and  
**exercise yourself toward  
godliness...**”

**1Tim 4:6**, “... 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...”

**(1Tim 4:8)**

*1Tim 4:8*, “... 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...” (*Heb. 5:12-14*)

**Hebrews 5:12-14**, “... For though by this time **you ought to be teachers**, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. But solid food belongs to those who are of full age, that is, **those who by reason of use have their senses exercised to discern both good and evil...**”

**(2Peter 1:5-7)**

**2Peter 1:5-7**, “... to “**godliness**”  
brotherly kindness, and to  
brotherly kindness love. For if  
**these things are yours and  
abound, you will be neither  
barren nor unfruitful** in the  
knowledge of our Lord Jesus Christ.  
**(2Peter 1:10-11)**

**2Peter 1:10-11**, “... Therefore, brethren, be even more **diligent to make your call and election sure**, for if you do these things you will **never stumble**; for so an **entrance** will be supplied to you abundantly **into the everlasting kingdom** of our Lord and Savior Jesus Christ.

**(1Peter 2:1-2)**

We are “spiritual athletes”

1Cor 9:24-27, “... Do you not know that those who run in a race all run, but one receives the prize?

**Run in such a way that you may “obtain” it...” (Win it!)**

**(1Cor 9:25)**

## First training principle:

*1Cor 9:25*, “... And everyone who competes for the prize **is temperate (self-controlled)** in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown...”

*(1Cor 9:26-27)*



**1Cor 9:24-27**, “... Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I **discipline my body** and bring it into subjection, lest, when I have preached to others, I myself should become disqualified...”

**2Tim 2:1-7**, 2<sup>nd</sup> principle)

## Second training principle:

2Tim 2:1-7, “... No one engaged in warfare **entangles himself with the affairs of this life**, that he may please him who enlisted him as a soldier...”

(2Tim 2:5, compete legally)

**“Godliness”** is defined as “piety which is characterized by a “Godward attitude” doing what is pleasing to God, sacred awe, reverence, looking to God at all times...”

**(Col3:1, ‘look above’)**

**Col 3:1**, "... If then you were raised with Christ, **seek those things which are above**, where Christ is, sitting at the right hand of God.

**(Psalm 42:1-2)**

**Psalm 42:1-2**, “... As the deer  
pants for the water brooks, So  
pants my soul for You, O God.  
My soul thirsts for God, for the  
living God. When shall I come and  
appear before God?”

**(1Tim 4:9-10)**, third principle)

**1Tim 4:8-10**, “... 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. 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.  
(second training principle; TRUST)

**The fourth training principle:**

**1Tim 4:15, “... Meditate (practice) on these things; **give yourself entirely to them**, that your progress may be evident to all...”  
**(spiritual athletes!)****