

I Timothy 4:6-16 Physical Training

Verses 6-8

Paul instructs us in vs. 6 to put the brethren in remembrance of these things. The things he is referring to are those in vs. 1 thru 4 and is also in reference to our walk and life of Christ. We need to check one another, to edify not to discourage or to cut down. We see that if we do this in a nourishing and edifying way we can be a good minister to our brethren and also for God. In verse seven we see that Paul instructs to not be concerned with talk, with rumors with things that can distract us from where our mindset needs to be, things that can distract us from God.

How do we exercise our self unto godliness? How do we condition ourselves? Here is how:

1st. You have to be willing to exercise. Not just your strong points, you have to focus on your weakest points and build them up to create a foundation that is capable of handling the next step.

2nd. You have to be disciplined. This is a commitment, it requires work and it is going to be hard. The discipline will allow you to expand your capacities to endure the next step.

3rd. You have to be willing to condition yourself. This is the peak; every professional athlete in the world continually subjects himself to this level. And this is what you must strive for.

How? We exercise by getting plugged in, by going to church, by going to BCM on Thursdays. This is just exercise it is only the maintenance of our walk. The discipline part is the next step; we must be disciplined to read a devotional and having a prayer time with God. That will lead you to the next part conditioning.

How? We get our conditioning by studying the word of God, getting emerged and divulging ourselves into Gods Word - mediating on it. We must seek his face and his will continually in our walk. We also see that Paul compares the exercising of Godliness unto that of exercise or conditioning.

Paul states that bodily exercise profits little, and that word little means for a little. See exercising your body will do you good for a little while. It will help you to become healthy in your life and it will help you get that beach body. But what is this compared to an eternity? What will be the profitability of exercise once you die? The indication here is that by structuring yourself around Godliness that it can affect everything around your life. It will then spread and fill everything else, but it starts here. The realization that we are to be concerned with things yet to come and that our mindset has to be set on answering for our actions.

Verses 9-11

He comforts us of these things in vs. 9, and reminds the brethren that all of this is true and worthy of acceptance and application into our lives. In vs. 10 Paul lets us know that we will be on a hard road to obtaining Godliness. Godliness is never a level that you hit and then, bam, you become a Super Christian, no. Godliness is something we must strive to attain, but will never reach. This does not mean

we should give up either, but we should labor and suffer on. Trials and storms will come, but these are mere tests for the purification of our life.

Christ is like the silver smith and we are the silver, he must heat us and try us in the fire to burn out all impurities and leave wonderful silver behind. Our trust in him is our foothold and root and this is what we must cling to. We know that he is the Savior of all men especially of those that believe. See we can believe that there is a God; we can believe that Jesus was real. Without a personal relationship with him this is all vain.

In vs. 11 we see our burden to go and teach, instruct all believers in this way, to run their race. We need to lead with conviction.

Verses 12-16

In vs. 12 we should not let someone despise our youth, how? Titus 2:7-15 We see the ways in which we are to live. For example: like a young person does, how they act in relation to their parents.

In vs. 13 Paul is not only talking about his return but Christ's return can be paralleled here. We are to do all these things, not for a week, a month, a year but till he comes back and that trumpet sounds.

Vs. 14 talks about Timothy's gift but what was his gift? We see in Deuteronomy 34:9 that Joshua had the spirit of wisdom which is the Holy Spirit, but not wisdom like Solomon had. This was an ordaining. We see that in Deuteronomy Joshua was ordained to take the place of Moses, Joshua being filled with the Holy Spirit to lead his people. This is what we see happening with Paul and Timothy. Paul is giving Timothy a charge here to take on what he had started. We should do this through our own discipleship.

In vs. 15 we see that we should be meditating upon these principles. Meditate or think about how we can steadily apply this into our life, how we can constantly improve.

Which leads us into 16, take heed to yourself, and check yourself. Concern yourself with your own walk, don't be cutting others down. Continue improving, mediating, praying, running your race. And in doing so not only will we see ourselves improving, and our convictions growing, but also how we are viewed by other believers as Proverbs 27:17 says "As iron sharpens iron; so a man sharpens the countenance of his friend."

And we can also be a light unto this world, and show how Christ loved. So are you leading with conviction? Are you pointing souls the right way?