

ON MY LIST:Devotion

ICE BREAKER QUESTIONS

What is your daily routine look like? Please share.

WORD

1 Timothy 4:6-15 (NIV)

6 If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed.

7 Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 9 This is a trustworthy saying that deserves full acceptance. 10 That is why we labor and strive, because we have put our hope in the living God, who is the Saviour of all people, and especially of those who believe.

Over the past few years, especially 2022 when Jean and I went through the Biblical Foundation Group, I became convinced of the importance of building godly habits. This is why I encourage everyone to join the Biblical Foundation Group. It will help you understand the need for change that develops godly habits.

David Mathis (David Mathis is executive editor for desiringGod.org and pastor at Cities Church. He is a husband, father of four, and author of *Workers for Your Joy: The Call of Christ on Christian Leaders* (2022).) says, *“Your perseverance, under God, is in your habits. Heaven and hell hangs on habits. Show me a man’s habits, and you’ll give me a glimpse into his very soul.”*

DISCUSSION

What is a good habit do you have, and how did you establish it?

WORD

QUALITIES OF CULTIVATING A HABIT OF DEVOTION

1. Teach these things

1 Timothy 4:6 (NIV)

6 If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed.

In this verse, Paul is instructing Timothy, a young pastor, on how to be a good minister. The phrase “point these things out” refers to teaching and reminding believers of the principles Paul had previously mentioned, such as the importance of godliness, sound doctrine, and avoiding false teachings.

To be a “good minister of Christ Jesus” involves:

a Teaching Sound Doctrine: Timothy is encouraged to remind fellow believers of the essential truths of the Christian faith, ensuring that they are spiritually nourished.

b. Personal Growth in Faith: Being “nourished on the truths of the faith” means constantly growing in one’s understanding and application of biblical teaching.

c. Setting a Good Example: A good minister must not only teach but also live out the principles of the faith, providing a model for others to follow.

1 Timothy 4:11-12 (NIV)

11 Command and teach these things. 12 Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

This passage highlights the role of a leader in guiding others toward faithfulness to Christ while remaining personally grounded in the truth.

2. Train these things

1 Timothy 4:7-8 (NIV)

7 Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Here, Paul is urging Timothy to prioritize spiritual growth and godliness over purely physical training. While physical exercise is beneficial for maintaining health and strength, its value is temporary and limited to this life. In contrast, godliness—a life devoted to spiritual growth, holiness, and living according to God's will—benefits a person both in this life and in eternity.

Key points from this passage:

- a. **Spiritual Discipline:** Just as physical training requires effort and consistency, spiritual growth demands discipline, practice, and dedication. “Training yourself to be godly” involves studying Scripture, prayer, and living out one's faith.
- b. **Temporary vs. Eternal Value:** While physical fitness is useful, its effects are temporary. On the other hand, godliness has eternal significance, impacting not only our present life but also the life to come in eternity.

Paul encourages a balanced perspective: while caring for the body is important, pursuing godliness is far more valuable and should be the primary focus of a believer's life.

3. Trust these things

1 Timothy 4:9-10 (NIV)

9 This is a trustworthy saying that deserves full acceptance. 10 That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

In these verses, Paul continues to encourage Timothy by affirming the reliability of the teaching he is sharing. The “trustworthy saying” likely refers to the previous statement about the value of godliness, both for this life and the life to come.

Here are some key themes from this passage:

a. **Trustworthy Teaching:** Paul emphasizes that what he has been teaching is reliable and worthy of full acceptance. The truths about godliness, the promises of eternal life, and the hope in God are foundational for Christian faith and practice.

b. **Labor and Striving:** The Christian life requires effort and perseverance. The words “labor” and “strive” reflect the hard work and dedication involved in serving God and living out the faith. This striving is motivated by hope and faith in God.

c. **Hope in the Living God:** Paul reminds believers that their efforts are not in vain because their hope is placed in the “living God,” who is actively involved in their lives. This contrasts with dead idols or false gods—God is alive, and He sustains and saves His people.

d. **Saviour of All People:** The phrase “Saviour of all people, and especially of those who believe” highlights God’s universal offer of salvation. While Christ’s saving work is available to everyone, it is especially effective for those who have put their faith in Him. This emphasizes that belief and trust in God are essential for receiving the full benefits of salvation.

DISCUSSION

What are some spiritual habits we can cultivate?

How do habits interact with change?

LIFE APPLICATION

Let us continue teaching these truths with confidence and to remain steadfast in our efforts to develop godly habits because they are grounded in the hope of the living God, who is the ultimate Saviour.

The power isn’t in the habits themselves. The habits are a means to an end, and that end is Jesus. Like the Pharisees were great in keeping habits but completely missed the point.

Habits are very important, unless we build a regular practice of doing certain things, we’re guaranteed not to grow. But every believers should grow into godliness habits that help them become more like Christ.

Your habits are one of the most important things about you.

We need to cultivate habits that bring spiritual change. Why? So that we will know how we ought to live, conduct ourselves in God's house.

DISCUSSION

What is one thing that stood out to you from this week's message?

VERSE TO MEDITATE ON

1 Timothy 4:15-16 (NIV)

15 Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. 16 Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

PRAYER

Share your prayer request and answered prayer. Pray for one another and throughout this week.



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