

September 27, 2015  
Sermon  
Lesson 15  
1 Timothy 4:6-10

**TRAIN YOURSELF FOR GODLINESS—PART II**

Main Idea: *We must train ourselves for godliness.*

- Be a good servant of Christ Jesus
  - Put these things before the brothers (6)
  - Be nourished in the words of faith & of sound doctrine (6)
  - Follow that sound doctrine (6)
  - Have nothing to do with irreverent, silly myths (7)
  
- Train yourself for godliness (7)
  - Bodily training has some value (8a)
  - But godliness is of value in every way (8b)
    - ✦ It holds promise for life (8c)
      - Present life
      - Life to come
  - ✦ This saying is trustworthy! (9)
  
- Toil and strive to this end (10)
  - Because who have our hope set on the living God
    - ✦ Who is the Savior of all people
    - ✦ Especially of those who believe

*Application:*

*Set your hope on the living God,  
who is the Savior of all people, especially of those who believe!*