1 TIMOTHY 4

Now the Spirit expressly says that in later times some will depart
from the faith by devoting themselves to deceitful spirits and
teachings of demons, **2** through the insincerity of liars whose
consciences are seared, **3** who forbid marriage and require
abstinence from foods that God created to be received with
thanksgiving by those who believe and know the truth. **4** For
everything created by God is good, and nothing is to be rejected
if it is received with thanksgiving, **5** for it is made holy by the
word of God and prayer.

A Good Servant of Christ Jesus

6 If you put these things before the brothers, you will be a good
servant of Christ Jesus, being trained in the words of the faith and
of the good doctrine that you have followed. **7** Have nothing to
do with irreverent, silly myths. Rather train yourself for
godliness; **8** for while bodily training is of some value, godliness
is of value in every way, as it holds promise for the present life
and also for the life to come. **9** The saying is trustworthy and
deserving of full acceptance. **10** For to this end we toil and strive,
because we have our hope set on the living God, who is the
Savior of all people, especially of those who believe.

11 Command and teach these things. **12** Let no one despise you
for your youth, but set the believers an example in speech, in
conduct, in love, in faith, in purity. **13** Until I come, devote
yourself to the public reading of Scripture, to exhortation, to
teaching. **14** Do not neglect the gift you have, which was given
you by prophecy when the council of elders laid their hands on
you. **15** Practice these things, immerse yourself in them, so that
all may see your progress. **16** Keep a close watch on yourself and
on the teaching. Persist in this, for by so doing you will save both
yourself and your hearers.

NOTES