



1 TIMOTHY

A Field Guide for the Family of God

Mortification and Vivification

1 Timothy 4 (ESV)

1 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.

1 Timothy 4 (ESV)

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.

1 Timothy 4 (ESV)

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.

1 Timothy 4 (ESV)

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.

The Point

True godliness comes from faith in Jesus,
not religious rules.

Mortification

- Comes from the Latin word mortificare, which means "to put to death"
- It refers to the process of putting to death the sinful nature & deeds of the flesh
- It involves a continuous effort to reject sin & live in accordance with God's will, relying on the Holy Spirit for strength & guidance

Vivification

- Comes from the Latin word *vivificare*, which means "to bring to life"
- It refers to the process of being made alive in Jesus & growing in spiritual life & holiness
- It involves living a life empowered by the Holy Spirit, growing in faith, love & good works, & reflecting the character of Jesus

FALSE TEACHERS



1 TIMOTHY 4:1-5

Guarding Against False Teachings

- False teachings are not just misunderstandings but spiritual deceptions
- Paul warns that teachings contrary to the Gospel are not just different perspectives but demonic in nature
- Legalism can be a form of deception
- People can fall into the trap of believing outward behavior earns salvation rather than God's grace
- True faith keeps Jesus at the center

Guarding Against False Teachings

- Any teaching that does not point to Jesus' life, death, resurrection & return is leading people astray
- We must be discerning - Not everything labeled as "Christian" is biblical
- Paul instructs believers to measure all teachings against Scripture
- Everything God has given us is to be received with thanksgiving & prayer

Training for Godliness



Training for Godliness

- Godliness does not happen by accident
- Just as athletes train their bodies, believers must be intentional about spiritual growth
- Godliness is not legalism; it is loving obedience
- We pursue holiness, not to earn salvation, but out of gratitude for what Jesus has done
- Whether we are young or old, God continues to shape us through prayer, Scripture, worship & service

Training for Godliness

- We must lay aside spiritual hindrances - Throw off every weight & sin that slows us down in our walk with Jesus
- The world focuses on temporary things, but godliness has value both now & in eternity



USING
YOUR
GIFTS TO
GLORIFY
GOD

Using Your Gifts to Glorify God

- Every believer has a spiritual gift
- God equips each of us with unique abilities to serve the church & others
- Spiritual gifts are meant to be used
- Our gifts are for God's glory, not our own
- Whatever we do, we should do it for the Lord & not for human recognition

Using Your Gifts to Glorify God

- There is no retirement from serving God
- No matter our age, we are still called to be faithful in prayer, encouragement & teaching the next generation
- We have no idea what hangs in the balance
- When we obey God, we may not always see the results, but our faithfulness impacts eternity

Practical Applications

- Pray daily for discernment to recognize false teachings
- Spend time in Scripture to build a strong foundation of faith
- Surround yourself with faithful believers who encourage you in godliness
- Reject legalism & rely on grace

Practical Applications

- Train yourself in godliness by making time for spiritual disciplines
- Set your hope on eternal things, not just what is temporary
- Use your gifts boldly & trust that God is working through you

Discussion Questions

- How can we discern what is true and what is deception?
- Why do you think some people turn to legalism instead of trusting in God's grace?
- How can we apply godliness in our daily lives?
- How have you seen God's goodness in His creation?
- What are some gifts God has given you?
- How can you use them for His glory today?