

# God's HOUSE

**I Timothy 4:1-16**

*10,000 Hours of Practice to be Great*



# Training in Godliness

## 1. The Right Spiritual Diet

Later times is  
All False Teaching is  
Seared Conscience is  
Depart from faith is

Present Age  
Demonic  
Calloused to truth  
Not True Faith

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# Main Tactic in False Teaching

Jesus + **ANYTHING** = **Demonic Lies**

1. Add Phony Godliness

Don't Marry! Don't Eat!

Instead: Be thankful & do all for the Glory of God!

2 tests: 1. The Word & 2. Prayer

2. Add Irreverent Silly Myths

Instead: Have nothing to do with it!

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**STOP Eating the Wrong Food!**  
**Instead: Eat the BREAD OF LIFE**

*John 6:35 "I am the bread of life;  
whoever comes to me shall not hunger,  
& whoever believes in me shall never thirst."*





# Training in Godliness

## 2. The Right Spiritual Training

Physical Training = Some Value

Spiritual Training = Eternal Value

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# 5 Spiritual Exercises

## 1. DOCTRINE

*Spend time in the Word*

Exercise: Read & Study the Bible

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# 5 Spiritual Exercises

## 2. CONDUCT

*Act like a Christian*

Exercise: Work on Weakest Area

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# 5 Spiritual Exercises

## 3. CHURCH

*Make Church the Priority*

Exercise: Faithfully attend church & small groups

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# 5 Spiritual Exercises

## 4. SERVE

*Use your Gifts to Serve God*

Exercise: Find out your gifts & start using them

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# 5 Spiritual Exercises

## 5. PERSEVERE

*Don't Give up! Keep Training*

Exercise: Train in Godliness Daily

1. Practice 2. Immerse 3. Keep Watch 4. Persist

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# Your Weekly Workout

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Word

Conduct

Service

Church

**Friday**

**Saturday**

**Sunday**

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