

Growth Group Lesson
November 5-6
1 Timothy 4

Recap: Paul lays out the authority structure of the church, listing the qualifications of elders and deacons in character and reputation. His goal is so “you will know how people ought to conduct themselves in God’s household, which is the church of the living God, the pillar and foundation of the truth.”

Spend some time praying with your group. Worship our King. As your guide, read and reflect on the three poems in 1 Timothy (1:17, 3:16, and 6:15b-16).

Get to know one another:

1. Share something that you believed to be true when you were younger, that you now know is not true.

1 Timothy 4:1-5

It seems that the false teachers in Ephesus promoted a strict lifestyle that included no marriage and only limited kinds of food. Paul responded by saying, "everything created by God is good."

2. What did Paul say would happen in later times? **Verse 1, 2 Peter 3:1-4**
 - a. How will people depart from the faith? **Verse 1, Matt. 24:10-14**
 - b. What does it look like for someone to fall away from the faith? Is it instant or gradual, perceptible or imperceptible?
 - c. How do we avoid moving in the direction of falling away? **Heb. 3:12-15, 10:19-25**
 - d. How do we interact with people who have fallen away from the faith? Where in the Bible would you look for your answer?
3. What are the most serious faults of false teachers? **Verse 2, Matt. 23:13-15**
4. What are the two teachings of the false teachers and why are they incorrect? **Verse 3-5**
5. If everything that God created is good, does that mean we are free to do anything that we want or desire?
 - a. How do we discern what is appropriate for us to accept and receive with thanksgiving? **Verse 5**
 - b. How do we express thanksgiving for everything God created as being good?
 - c. What has been difficult for you to be thankful for recently? How has that affected your life spiritually, physically, and emotionally?

1 Timothy 4:6-16

Paul gives instructions to Timothy for his ministry. The instructions include his conduct, fulfilling his calling to teach, and to correct false doctrine.

6. Why is it important to be trained by biblical truth? **Verses 6, 15**
 - a. Why is this especially important for church pastors and leaders?
 - b. Why is this important for you as a member of the church?

7. What are some examples of "irreverent, silly myths" or distractions being taught by the world or in the church that we should avoid today? Where in the Bible would you go to correct that specific teaching? **Verse 7, 1 Timothy 1:3-4**

Paul does not dismiss the value of our physical health, as we are both physical and spiritual. But rather, he points out the error of the false teachers who are over emphasizing physical discipline and not looking inward. If they had been as spiritually disciplined as they were physically, this false teaching would not have happened.

8. How do you implement physical health into your daily life? How has that helped your spiritual growth with God?
9. How would you define godliness in your own words? **Verses 7-8, 1 Timothy 3:16, Exodus 34:4-7, 2 Cor. 3:12-18**
10. What does it mean to "train yourself" in godliness?
 - a. What is your responsibility in pursuing godliness?
 - b. Why is an eternal perspective essential to value godliness, especially in today's culture?
 - c. How are you training yourself in godliness? Is there anything that you need to add or subtract to your life to pursue godliness?
11. Paul lists the way Timothy's life is to be an example for all believers. What is one illustration from your life where someone has set that good example for you in one or more of these virtues? **Verse 12**
12. How do **verses 13-16** reinforce Timothy's need (and ours) for daily perseverance in faith and life?
13. Paul Tells Timothy to keep a close watch on two things. What are they? **Verse 16**
 - a. How will you keep watch on those things this week?

Spend some time praying to close your evening.

- What prayer requests arise in your mind and heart as you look to our good heavenly Father for your spiritual health and protection?
- What are the most critical things in this passage to pray for our church's ministry staff and leaders?
- Who in your life needs to know the truths we've discussed today? Pray for opportunities to share and for open ears to know God.