

Union Bethel AME Church Bible Study

Dial-in Number: (425) 436-6260 Access Code: 141997#

Zoom Meeting ID 895 5691 3317, Passcode 650467

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Tuesday, January 12, 2021, 6:30 – 7:30 PM

1 Timothy 4:1-16



1 Timothy 4:1-5

1 Now the Spirit expressly says that in later times some will renounce the faith by paying attention to deceitful spirits and teachings of demons, 2 through the hypocrisy of liars whose consciences are seared with a hot iron. 3 They forbid marriage and demand abstinence from foods, which 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, provided it is received with thanksgiving; 5 for it is sanctified by God's word and by prayer.

Paul continues his directives to Timothy about the dangers of placing requirements on being a Christian. Paul compares this to abandoning true faith in Jesus and replacing that faith with rules. Some leaders were placing unreasonable commands such as not marrying and not eating meat. These rules were not from God but were based on the thoughts of leaders in Ephesus who misrepresented Jesus. Paul is repeating to Timothy what God showed to Peter.

What harms is done when rules not required by God are placed on church communities?

Even if these are the last days, would God want us to stop performing everyday tasks?

Why is it necessary to work out our souls salvation (Phil 2:12) even after we profess by faith that Jesus is Lord?

How does thanksgiving and prayer sanctify everything we eat?

1 Timothy 4:6-10

6 If you put these instructions before the brothers and sisters, you will be a good servant of Christ Jesus, nourished on the words of the faith and of the sound teaching that you have followed. 7 Have nothing to do with profane myths and old wives' tales. Train yourself in godliness, 8 for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come. 9 The saying is sure and worthy of full acceptance. 10 For to this end we toil and struggle, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

Paul encouraged Timothy to continue teaching the truth in opposition to the false prophets. The best way to teach is by example. Timothy needed to reject gossip and profane myths. In the modern context that means Christians should reject conspiracy theories. Paul also compares physical exercise with exercising our faith through godliness. The former lasts a short time but the latter lasts forever.

How do we guard ourselves against following falsehoods and conspiracy theories?

What type of godly exercise program should we have to help our faith grow?

1 Timothy 4:11-13

11 These are the things you must insist on and teach. 12 Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. 13 Until I arrive, give attention to the public reading of scripture, to exhorting, to teaching.

Paul encouraged Timothy not to continue his ministry even if his age is a problem for other people.

Why is age such a concern for the world and the church?

1 Timothy 4:14-16

14 Do not neglect the gift that is in you, which was given to you through prophecy with the laying on of hands by the council of elders. 15 Put these things into practice, devote yourself to them, so that all may see your progress. 16 Pay close attention to yourself and to your teaching; continue in these things, for in doing this you will save both yourself and your hearers.

Paul counsels Timothy that neglecting his own growth does a disservice to the church.

In what ways can we prevent neglecting ourselves or our gifts?
