

“YOU ARE WHAT YOU EAT”

*Paul's Letter to
the Disciple*



I Timothy

*The Marks of a
Good Minister*

1 Tim. 4:6-10



A Good Minister:

1. Points Others to the Truth
2. Nourishes Himself on the Truth
3. Trains Himself According to the Truth

1. Points Others to the Truth

- *In pointing out*

- *To lay under: suggest, submit*

- No teacher can make someone believe

- He can command and teach (11)

- He should model (12)

- He should preach the word, reprove, rebuke, exhort (2 Tim. 4:2)



1. Points Others to the Truth

- What are *these things*?
 - Some will fall away (1)
 - Deceitful spirits -> doctrines
 - By means of hypocritical liars (2)
 - Believe and know the truth as it has been revealed (3-4; cf. John 8:31-32)
 - Sanctified by the word and gratitude (5)



2. Nourishes Himself on the Truth

- Constantly *nourished*
 - From: *to feed, to nurture*
 - Physical food : physical life ::
spiritual food : spiritual life
 - Jer. 15:16; John 6:26-71; cf. John 4:13-15;
31-34



2. Nourishes Himself on the Truth

- Job 23:11-12

- “My foot has held fast to His path; I have kept His way and not turned aside. I have not departed from the command of His lips; I have treasured the words of His mouth more than my necessary food.”



2. Nourishes Himself on the Truth

- “It is written, ‘MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.’”
(Matt. 4:4)
- “Simon Peter answered Him, ‘Lord, to whom shall we go? You have words of eternal life.’”
(John 6:68)



2. Nourishes Himself on the Truth

- Constantly nourished

1. On the words of the faith

- *The truth* that Christianity presents (4:1)

- *Healthy words* (6:3-5)

- The words of Christ (cf. John 8:31-32)

- Taught by the apostles (Acts 2:42;
Phil. 4:9; Gal. 1:6-9; 2 Tim. 2:2)



2. Nourishes Himself on the Truth

- Constantly nourished

2. On the words of the *good* doctrine

- *Kalos* – good -> servant & doctrine

- *Excellent, admirable, honorable*

- Doctrine = teaching (content)

- Found in the God-breathed Scriptures
(2 Tim. 3:16)



2. Nourishes Himself on the Truth

- Constantly nourished
 - Good doctrine promotes spiritual health (cf. *healthy teaching* - 1:10)
 - “Pay close attention to yourself and your teaching...” (4:16)
 - Why? Because some will *fall away* (4:1), or *wander away* (6:10) or *go astray* (6:21)



3. Trains Himself...

- Contrast: *refuse* vs. *discipline* (7)
- Have nothing to do with fables
 - *Refuse, reject, avoid, ignore* (cf. 2 Tim. 2:23; Titus 3:9-11)
 - *Fables = myths* (see 1:4)
 - Embellishments of the OT law



3. Trains Himself...

- Contrast: *refuse vs. discipline* (7)
 - Have nothing to do with fables
 - *Worldly = profane* (see 1:9)
 - *Unhallowed*; no relationship to God
 - *Fit only for old women – old wives' tales*; silly, futile, senseless, as from senility
- Instead of being *distracted*...



3. Trains Himself...

- Contrast: *refuse vs. discipline* (7)
- *Discipline* yourself
 - *Strenuous exercise or training*
 - Highly prized by the Greeks
 - Why does he use this analogy?
 - Requires a goal, then a plan, exertion, and dedication toward that goal



3. Trains Himself...

- Contrast: *refuse vs. discipline* (7)
- Discipline yourself for *godliness*
- Spiros Zodhiates:
 - “the demonstration of a good and worshipful attitude toward God”
 - “It is both an attitude and a manner of life.”



3. Trains Himself...

- Contrast: *refuse vs. discipline* (7)
- Discipline yourself for *godliness*
- Spiros Zodhiates:
 - “It does not come automatically, but is something into which we must put effort.”



3. Trains Himself...

- Contrast: *refuse vs. discipline* (7)
- Discipline yourself for *godliness*
 - See 2:2; 6:11; 2 Pet. 1:3-5
 - Reverence: *fear and love* (cf. Deut. 10:12)
 - *Perfecting holiness in the fear of the Lord* (2 Cor. 7:1; cf. 1 Pet. 1:14-16)
 - Based on right doctrine (see 1 Tim. 6:3)



3. Trains Himself...

- Contrast: *refuse vs. discipline* (7)
- Bodily discipline?
 - Disciplining the body does not change the heart; but training the heart should result in disciplining the body (see 1 Cor. 9:24-27)
 - *Truth vs sinful lusts* (1 Pet. 1:14-16)



3. Trains Himself...

- Godliness is profitable for all things
 - *Profitable – useful, advantageous* (see 2 Tim. 3:16; Titus 3:8)
 - *For all things – every part of life, now and in the future*
 - *The promise of life* (see Prov. 22:4)
- This is the *trustworthy statement* (9)



3. Trains Himself...

- For it is for this we labor & strive
 - *This -> godliness (or life)*
 - *Labor – work to exhaustion (Col. 1:29)*
 - *Strive – engage in a struggle*
 - Ministry is hard work! (cf. 1 Tim. 5:17)
 - But there is something to look forward to...



3. Trains Himself...

- For it is for this we labor & strive because we have fixed our hope on the living God
 - *Promise -> hope (confident assurance)*
 - Not some lifeless idol or false god
 - God is alive & active in His church (3:15)
 - He wants us to have *real life* (cf. 6:19)



3. Trains Himself...

- How is God *the Savior of all men*?
 - Not *universalism*!
 - *Save – deliver, preserve, sustain, rescue*
 - “Believe in the Lord Jesus, and you will be saved...” (Acts 16:30)
 - “Unless these men remain in the ship, you yourselves cannot be saved.” (Acts 27:31)



3. Trains Himself...

- How is God *the Savior of all men*?



- Two senses -> fuller meaning:

1. God *preserves*, desiring all men to be *saved* (2:4; cf. 2 Pet. 3:9; Acts 17:30)
2. God *redeems* those who respond in belief (cf. 1:15-17; Acts 2:47b)

Review

- A good minister:
 - Points others to the truth
 - Nourishes himself on the truth
 - Trains himself according to the truth
- “Yeah, but I’m not a minister, so this doesn’t apply to me.”
 - Did you notice verses 11 and 12?



So What?

- Minister or not:

- *We all need to* speak the truth to one another in love (Eph. 4:15)

- *We all need to* nourish ourselves on the words of the faith and sound doctrine

- Pure milk -> growth (1 Pet. 2:1-3)

- Renew our minds (Eph. 4:21-24)



So What?

- Minister or not:

- *We all need to discipline ourselves for the purpose of godliness*

- Goal: *godliness*

- Plan: *nourish yourself with God's words*

- Exertion: *labor and strive*

- Dedication: *it hold promise for life*

