

The Prescription for Spiritual Wellness, Part 1

1 Timothy 4:6-12

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1 Timothy 4:6-12

⁶ In pointing out these things to the brethren, you will be a good servant of Christ Jesus, *constantly* nourished on the words of the faith and of the sound doctrine which you have been following. ⁷ But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; ⁸ for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come. ⁹ It is a trustworthy statement deserving full acceptance. ¹⁰ For it is for this we labor and strive, because we have fixed our hope on the living God, who is the Savior of all men, especially of believers. ¹¹ Prescribe and teach these things. ¹² Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe.

The two most basic elements of our physical and spiritual health are diet and exercise.

1 Timothy 4:6

In pointing out these things to the brethren, you will be a good servant of Christ Jesus, *constantly* nourished on the words of the faith and of the sound doctrine which you have been following.

Spiritual wellness requires:

A. Constant nourishment on

1. the truths of the faith.
2. the teaching of the faith (proper application of truth).

Colossians 3:1-4

¹ Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. ² Set your mind on the things above, not on the things that are on earth. ³ For you have died and your life is hidden with Christ in God. ⁴ When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

Jeremiah 15:15-16

¹⁵ You who know, O LORD, Remember me, take notice of me, And take vengeance for me on my persecutors. Do not, in view of Your patience, take me away; Know that for Your sake I endure reproach. ¹⁶ Your words were found and I ate them, And Your words became for me a joy and the delight of my heart; For I have been called by Your name, O LORD God of hosts.

Psalms 119:17-32

¹⁷ Deal bountifully with Your servant, That I may live and keep Your word. ¹⁸ Open my eyes, that I may behold Wonderful things from Your law. ¹⁹ I am a stranger in the earth; Do not hide Your commandments from me. ²⁰ My soul is crushed with longing After Your ordinances at all times. ²¹ You rebuke the arrogant, the cursed, Who wander from Your commandments. ²² Take away reproach and contempt from me, For I observe Your testimonies. ²³ Even though princes sit *and* talk against me, Your servant meditates on Your statutes. ²⁴ Your testimonies also are my delight; *They are* my counselors. ²⁵ My soul cleaves to the dust; Revive me according to Your word. ²⁶ I have told of my ways, and You have answered me; Teach me Your statutes. ²⁷ Make me understand the way of Your precepts, So I will meditate on Your wonders. ²⁸ My soul weeps because of grief; Strengthen me according to Your word. ²⁹ Remove the false way from me, And graciously grant me Your law. ³⁰ I have chosen the faithful way; I have placed Your ordinances *before me*. ³¹ I cling to Your testimonies; O LORD, do not put me to shame! ³² I shall run the way of Your commandments, For You will enlarge my heart.

1 Peter 2:1-3

¹ Therefore, putting aside all malice and all deceit and hypocrisy and envy and all slander, ² like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation, ³ if you have tasted the kindness of the Lord.

B. Continual rejection of worldly philosophy and false theology.

1 Timothy 4:7a

But have nothing to do with worldly fables fit only for old women.

1 Timothy 4:1-3

¹ But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons, ² by means of the hypocrisy of liars seared in their own conscience as with a branding iron, ³ *men* who forbid marriage and *advocate* abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth.

Colossians 2:8

See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ.

“Paul reduces all claims of wisdom and truth apart from Jesus to mere superstition or speculation.”

Colossians 2:23

These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, *but are* of no value against fleshly indulgence.

C. Consistent discipline for the purpose of godliness.

1 Timothy 4:7b-10

^{7b} On the other hand, discipline yourself for the purpose of godliness; ⁸ for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come. ⁹ It is a trustworthy statement deserving full acceptance. ¹⁰ For it is for this we labor and strive, because we have fixed our hope on the living God, who is the Savior of all men, especially of believers.

It is the universal expectation that every Christian will be:

1. Conformed to the likeness of Jesus.

Romans 8:28-29

²⁸ And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose. ²⁹ For those whom He foreknew, He also predestined *to become* conformed to the image of His Son, so that He would be the firstborn among many brethren;

2. Consecrated to live for Jesus.

2 Timothy 2:19-22

¹⁹ Nevertheless, the firm foundation of God stands, having this seal, “The Lord knows those who are His,” and, “Everyone who names the name of the Lord is to abstain from wickedness.” ²⁰ Now in a large house there are not only gold and silver vessels, but also vessels of wood and of earthenware, and some to honor and some to dishonor. ²¹ Therefore, if anyone cleanses himself from these *things*, he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work. ²² Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.