

The Prescription for Spiritual Wellness, Part 2

1 Timothy 4:6-12

Nigel Unrau, Lead Pastor – May 12, 2024

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.

Spiritual wellness requires:

- A. Constant nourishment on
 1. the truths of the faith.
 2. the teaching of the faith (proper application of truth).

1 Timothy 4:7a

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

- B. Continual rejection of worldly philosophy and false theology.

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.

Colossians 2:18-19

¹⁸ Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, taking his stand on *visions* he has seen, inflated without cause by his fleshly mind, ¹⁹ and not holding fast to the head, from whom the entire body, being supplied and held together by the joints and ligaments, grows with a growth which is from God.

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

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

- 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.

1 Corinthians 9:24-27

²⁴ Do you not know that those who run in a race all run, but *only* one receives the prize? Run in such a way that you may win.

²⁵ Everyone who competes in the games exercises self-control in all things. They then *do it* to receive a perishable wreath, but we an imperishable. ²⁶ Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; ²⁷ but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

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 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.

2. Consecrated to live for Jesus.

1 Timothy 4:10

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.

Matthew 10:24-28

²⁴ "A disciple is not above his teacher, nor a slave above his master. ²⁵ It is enough for the disciple that he become like his teacher, and the slave like his master. If they have called the head of the house Beelzebul, how much more *will they malign* the members of his household! ²⁶ "Therefore do not fear them, for there is nothing concealed that will not be revealed, or hidden that will not be known. ²⁷ What I tell you in the darkness, speak in the light; and what you hear *whispered in your ear*, proclaim upon the housetops. ²⁸ Do not fear those who kill the body but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell.

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.