

## Maintain Your Cool and be a Good Servant of Christ.

Read 1<sup>st</sup> Timothy 4:1-5

- Vs1. Now the Spirit expressly says... This is Paul using “Spirit” interchangeably with Christ like what he does in Romans 8:9-11. Jesus taught this to His disciples in Mark 13:22 For false Christs and false prophets will arise and perform signs and wonders, to lead astray, if possible, the elect.
- Paul says some will devote themselves to deceitful spirits and teachings of demons. These spirits and demons will use people who are liars, and their conscience are seared. The battle at this time was a spiritual battle not of flesh. Ephesians 6:12 ([Eph. Study Guide](#))
- Vs.3 Paul describes the apostates as teaching things that God does not require to be a Christian. They forbade marriage, required abstinence from foods. God created these to be received with thanksgiving by those who believe and know the truth. [This includes alcohol](#). Everything created by God is good and nothing is to be rejected.
  - This is not to say drunkenness is not a sin. Christians should be influenced by the Spirit and alcohol in moderation. Never confuse the two.
- Vs.5 Paul is reference the belief that certain foods were off limits (unclean) for Jews, and he wanted to make sure that the Jewish Christians understood God has made all food holy. [Acts 10:9-16](#).
  - Notice Paul says made holy by the word of God and prayer. This is what Jesus did. The Old Covenant was passing, and the New, everlasting Covenant was emerging. [Eph. Study Guide](#)

Read 1<sup>st</sup> Timothy 4: 6-10

- Vs.6-7. Put these things before the brothers and sisters. What things? Everything he talks about in Vs. 3. Present the Christians in Ephesus the truth and expose the “liars whose conscience are seared.” You will be a good servant of Christ Jesus.

- Having nothing to do with irreverent silly myths. The Greek here could be better translated “old wives’ tales”. [Insights on 1 & 2 Timothy, Titus \(Swindoll's Living Insights New Testament Commentary\) pg.136.](#)
- Paul wants Timothy not to “buy into” these lies and stay focused on the truth. Train your mind on godliness and the gospel and though physical training is good for the body for a time, spiritual training will not only benefit you here and now, but also in the life to come.
  - What we learn from God’s word in this life will benefit us in the next life. As a Christian we should never think that we do not need to study the word or neglect prayer because we have faith that in Heaven all will be revealed. I firmly believe what we spend our life learning now is all we will have in the life to come. Yes, obviously things will become understood, but our relationship with God starts now. Don’t wait.
- Toil and strive now for a better relationship and understanding. God saves. It is not about salvation it is about a relationship. What kind of relationship do you want with your creator?
- Especially, those who believe. “God is the savior of all people, not everyone will be saved. All people continue to have life and breath in this life because of Him, but not all will receive eternal life.” [Insights on 1 & 2 Timothy, Titus \(Swindoll's Living Insights New Testament Commentary\) pg.137.](#)

Read 1<sup>st</sup> Timothy 4:11-16

- Paul is urging Timothy here to command or order the Ephesian church to respond in a certain way. He did not want Timothy to be timid, but to make sure they understood the truth and that all these other distractions are to be left alone.
  - He also wants Timothy to not let his young age be something that should make him less authoritative. He was given a gift back in 1:18. Prophets had revealed God’s commission of Timothy, and the elders affirmed him.
    - The practice of laying on of hands dates to the early Hebrew people. The gesture symbolizes the passing of something intangible from one person to another such as a blessing (Genesis 48:14; Matt 19:14-15), guilt (Exod

29:10), judgement (Lev. 24:14) authority (Num. 27:18-20) or a new identity in Christ (Acts 6:5-6; 13:3).

- Paul wants Timothy to devote himself to public reading of the Hebrew scriptures in the synagogue (that was where public reading of the OT occurred in the [Diaspora](#)), exhortation and teaching the congregation.
- Paul wants him to practice. It takes discipline and practice to walk in love, in faith, in purity. With devotion and practice people will see the change and respect him for it and listen to his words no matter what age Timothy may be.
- Vs. 16 – Keep a close watch on yourself and the truth. Paul wants Timothy to not fall victim to these Gnostic teachings. To the myths and lies these teachings bring. In doing so will bring everlasting salvation to you and the heirs of the truth (God's Elect).