

# Value Life

1 Timothy 4:6-9



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**FOCAL Read Responsively** 1 Timothy 4:6-9 If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained. (7) But refuse profane and old wives' fables, and exercise thyself rather unto godliness. (8) For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. (9) This is a faithful saying and worthy of all acceptance.<sup>KJV</sup>

**Introduce Faithful Sayings** This is *the second of four faithful sayings* of the Apostle, and it is a good one. The *first* faithful saying is:

1 Timothy 1:15 **This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners; of whom I am chief.**

It is fitting that the *first* faithful saying of the Apostle or of any preacher would be that **Christ came into the world to save sinners**. He came to be a bridge between God and man, to offer the *acceptable sacrifice* or *propitiation* for our sins, to appease the wrath of God while taking that wrath on Himself. This is the entrance into the Christian way of life – **believe on the Lord Jesus Christ and thou shalt be saved (Acts 16:31)**. But this is not the *end* of the Christian way of life, as is demonstrated by the other *three faithful sayings*. Once

saved, *the second saying* tells us, we are to exercise our spiritual muscles through *rejection of the old way of life* and simultaneously *following after the new way of life given us in Christ*. The *third faithful saying*:

**2 Timothy 2:11 It is a faithful saying: For if we be dead with him, we shall also live with him:**

emphasizes that the *proof we shall be with Him in glory is because we are dead with Him now*. That is, the Christian is a person who is *dead to the world* – and who grows increasingly more dead as the years pass by. The baubles of this life should hold no fascination for those who have looked into eternity through the eyes of the Eternal One. Another life, a longer life, and a better life awaits. I remember when I was a child I was most satisfied when at the fair my parents bought me a balloon or a brightly colored pinwheel. I would cry and cry until I could get my parents to spend the few pennies these cheap items cost. Now that I am older the balloons and pinwheels mean nothing to me, and if I never received another in my entire life I should be quite satisfied. You, O Christian, are dead with Christ, dead to the things of this world. Why play with that which will pop or rust or corrode when the greater things of eternity await? If you are saved you are dead with Him *right now*. If you are too fascinated with the trinkets of life, then take heed! You may *not* be saved after all. But if you are saved the *fourth faithful saying* emphasizes that:

**Titus 3:8 This is a faithful saying, and these**

**things I will that thou affirm constantly, that they which have believed in God might be careful to maintain good works. These things are good and profitable unto men.**

Oh Christian, you *must maintain good works*. What are good works? They are works that God has willed, that He decrees you to do, works that will lead others to know Christ as Savior through your example. The Child in the womb does not work, but grows. The Child delivered, born of love, continues to grow and exercise its muscles. The Child growing into man or womanhood reached that state through the tender care of the Parent and through exercise. The Man or Woman, no longer a Child, is expected to produce so as to bring blessing to those around it. So it is with the Christian way of life. You are **born again by the Word of God (1 Peter 1:23) and by the Spirit of God**. Newly born you attend Church, heed the preaching, listen to the Sunday School teacher, and **exercise your spiritual muscles**. You **die daily (1 Corinthians 15:31) to this world**, rejecting the evil one and repenting when you fail the Lord. There are many confessions of sin, not to priest or preacher, but to the Lord Himself. **Confessing your sins you find Him faithful and just to forgive you of your sins, and to cleanse you from all unrighteousness (1 John 1:9)** as you. Then the day comes when you begin to **do good works, which God has before ordained that you and every Christian should do (Ephesians 2:10)**.

This – dear ones – is the Christian way of life. It is not a moment on your knees in front of an altar alone. It is not

an inoculation against eternal punishment. Christianity is a supernatural way of life that is entered into by faith and lived by faithful attention to God's resources. The Christian is a person who not only possesses eternal life *in the future*, but the Christian is called to live an abundant and fruitful life *now while on this earth*.

### **Christ Did Not Become Jesus So That We Could Be Nominal Christians**

**Illustrate Christ – Jesus – Christ** All life has great value to God. In fact, the Bible is the Book of Life. In the opening words of this sacred Book we see God creating life out of nothing. In the ending of the Book we see Life Eternal in Heaven with God. It has been said that the Old Testament is the story of Christ to Jesus. Christ, the Messiah, Eternal God is presented through the Old Covenant as One Who would someday take on Himself humanity and walk among us. The King of Kings would clothe Himself in the paupers rags of flesh – Oh how often the sacred Text speaks of this Eternal Life being clothed in Temporal Flesh. Christ promised to become Jesus, Yehoshua, Immanuel, God with us, so that we could one day be with Him. The New Testament is the story of Jesus to Christ. It begins with the fulfillment of the promise, the incarnation of Christ,

**Galatians 4:4-5** But when the **fullness of the time was come, God sent forth his Son, made of a woman, made under the law, (5) To redeem them that were under the law, that we might receive the adoption of**

**sons.**

Christ did not promise to become Jesus, nor did Jesus walk among us then ascend back to the place of Christ so that we could be *nominal Christians*. I do not believe the Scripture supports the concepts of the *Emerging or Purpose Driven Church*, nor do I believe that the Scripture supports the idea of *nominal Christianity*. When Christ fulfilled the promise made from eternity and walked among us He said:

**John 10:10** The thief cometh not, but for to steal, and to kill, and to destroy: **I am come that they might have life, and that they might have it more abundantly.**

There is death, brought to us by the thief, by Satan, the robber of God's glory. Like a blue-jay he saw the glory of God and thought that he could steal it and line his nest with it. Christ became incarnate as Jesus so that we who believe **might have life, abundant life**. Jesus ascended unto Heaven, the God-Man returned to the Place of Christ, so that the Spirit of Christ could become incarnate in each and every believer. **If any of you do not have the Spirit of Christ indwelling you, you do not belong to Jesus (Romans 8:9), for Jesus cannot be separated from Christ.** You are Children of the Promise if you have believed on Him. You are Children of Light and Life.

The Christian is saved by faith in Christ so that he can

live with God in Heaven *and on earth*. The believer – saved from death (**Revelation 20:14; 21:8**) – is designed by God to spiritually grow to a state of *conquering and overcoming life* while on this earth. The Seed of Life is within you – but you must be **nourished up**. No child born, whether of flesh or of Spirit, ever grows unless he or she is **nourished up**.

### **Gathering Manna From God So You Can Grow**

**FOCAL** 1 Timothy 4:6 ... **nourished up<sup>1</sup> in the words of faith and of good doctrine<sup>2</sup>**, whereunto thou hast attained. ...

**Illustrate Manna** When the Children of Israel wandered in the desert Christ gave them manna to eat (**Exodus 16:15**). Moses told them “**This is the bread which the Lord hath given you to eat**”. Though I am no Moses I must tell you that we who are Christians wander in a wasteland while we are in this world. We cannot feed from the husks of the hogs as do the unbeliever and the fallen prodigals. The **Bread which God hath given us to eat is His Holy Word**. We must gather it and eat of it *both publicly and privately* if we expect to be **nourished up**.

The words “**nourished up**” in our King James text means “**to be appropriately and substantially fed**”.

1 Present Passive Participle of G1789, ἐντρέφω, entrephō, *en-tref'-o*, From G1722 and G5142; (figuratively) to *educate*: - nourish up in.

2 G1319, διδασκαλία, didaskalia, *did-as-kal-ee'-ah*, From G1320; *instruction* (the function or the information): - doctrine, learning, teaching.

That which **substantially feeds** the believer is called “**words of faith**” – the **writings of our faith** - the Holy Scripture. May I remind you that *manna was always gathered in public – but consumed in private*. The public gathering of the Word of God is illustrated by the word translated “**doctrine**” in this text. This is the Greek διδασκαλία, didaskalia, (pronounced *did-as-kal-ee'-ah*), which means **teaching**, and emphasizes the spiritual gifts that dispense the Word of God during the assembly of the local Church. We are told in:

Ephesians 4:11-13 And he {**God**} gave some, **apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; (12) For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: (13) Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ...**

God gave the Church the **Apostles and Prophets** – the Word of God came to us through these men. He has given us **evangelists**, people who specialize in leading others to Christ. Now this does not relieve you, dear believer, from telling others about Christ. This is your duty – but God has given some a special gifting in this area. God has given His Church **pastors and teachers**. These people shepherd the flock, care for it, and expound the Word of God to it. Why? Because these gifts are

given for the “**perfecting of the saints, for the work of the ministry, for the edifying or upbuilding of the Body of Christ**”. God wants us to **grow up into Him in all things**, to grow as believers, to get to the state where we will seek out and maintain good works to His glory.

Every believer should be as faithful to attend the assembly of their local Church, and to participate in it's services every time they are offered. It is God Who gives pastors and teachers to the Church, and God gives these gifts so that believers can grow in their faith. The spiritual life that began in you at the point of your salvation is precious to the Lord. He wants to equip you in your faith so that you can carry out your mission – telling others that Jesus Christ is the only Way unto God.

Again, manna is gathered in public, but *consumed in private*. Every believer must spend some time every single day reading and meditating on the “**words of faith**”, the Holy Bible. You should ...

1 Peter 2:2 As newborn babes, **desire the sincere milk of the word, that ye may grow thereby:**

**Illustrate Physical to Spiritual** Unless you as a Christian absorb the Word of God on a regular basis you will no more grow than a young child deprived of its food will grow. Are you saved by faith? Absolutely. You are born again supernaturally through the applied truths of the Word of God. This Word was preached – you believed on it – and you were saved. But just as a child born physically alive in this world needs physical

food to grow, and just as you need physical food to maintain life, the Christian must have a regular intake of the Word of God in his or her life to *grow up*. You must have some time every day in the Word. Look again at our focal text:

**FOCAL** 1 Timothy 4:6 ... **nourished up in the words of faith and of good doctrine,**

The nourishment of the Christian is both *public and private* as we shall see. **Nourished up in the Words of faith** emphasizes your daily intake of God's Word *on your own*. Every Christian should have a daily regime of private reading and meditation on the Scripture. I suggest



to people to use the 5-5-5 method. Read the Word of God for five minutes. After reading it, go back over that same section and *meditate* on what you have read. Ask God the Holy Spirit to reveal truths in the text to you, and to show you how to apply these truths in your lives. As a part of meditation on the Word I have often

*practiced journaling*. Get yourselves a notebook and a pen that you keep handy during your Bible study time, and jot down truths that the Lord reveals to you through the text. Another part of journaling is to *paraphrase* the text you read – that is, rewrite the text in your own words. For example, take the text of:

**Romans 6:1-2 What shall we say then? Shall we continue in sin, that grace may abound? (2) God forbid. How shall we, that are dead to sin, live any longer therein?**

If I were to paraphrase this (apply it to myself, putting it in my own words) I might say:

**David's Paraphrase** What shall I say? Shall I continue to willfully sin because I am saved by Grace. Never let it be so, dear Lord! How can I possibly live in active unconfessed sin? I am dead to sin – this is what God has told me – and I must not live in it.

When I paraphrase the Scripture and apply it to my life I do several things: I focus on God's Word *not as a dead textbook but as a living regenerative Word from God*. **We must have the Word of God to live. We must internalize that which we have heard if we would be fed in this wasteland.**

**Luke 4:4 ... man shall not live by bread alone, but by every word of God.**

Jesus placed high emphasis on the Word of God because He wanted us to know that it is this Word alone which

empowers for life. Christians, you cannot afford to be lax in reading and meditating on God's Word.

There is an offshoot of Christianity that elevates the Priest and the Virgin Mary above the Holy Scripture and the Lord Who saved us. These dear people often pray to the *blessed virgin* believing that she has the power of God. Our Lord Jesus was teaching one day when:

**Luke 11:27-28 ... a certain woman of the company lifted up her voice, and said unto him, Blessed is the womb that bare thee, and the paps which thou hast sucked. (28) But he said, Yea rather, blessed are they that hear the word of God, and keep it.**

Do we elevate the virgin above the Word, or the priest above the Word? No, I tell you, we cannot do this and live. You may play in the catholic sandbox with your little plastic shovel and bucket all day long, but until you understand that **blessed are they that hear the Word of God and keep it** you will not grow. With all humility and respect to the confused, you will never find the joyous life that should be yours as a Christian until you spend time in the Word on a daily basis.

**Eat The Manna, Not The Dirt Of The Ground**

**FOCAL** 1 Timothy 4:7 **But refuse profane and old wives' fables, and exercise thyself**

## rather unto godliness.

The Christian Way of life is a *discerning* way of life. We are to **refuse the profane**. The word **profane**<sup>3</sup> is very interesting. The Greek , βέβηλος, bebēlos, (pronounced *beb'-ay-los*) means **that which crosses the threshold**. In ancient times refuse was taken and thrown out the door and onto the ground beyond. The Christian is to be careful about his intake of worldly “truth”. We are told in:

**2 Timothy 1:9 Who hath saved us, and called us with a holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,**

that **God saved us with a holy or sanctified or upward looking calling**. Christians must adjust their world-views away from the darkness and view all things through the Ever Living Word. In the world today many local Churches have decided – all for the sake of a few more members – to lower their world-view to incorporate members in a Body that *no longer qualifies as a Church*. We hear teachings from godless Evolution telling us that the world and its creatures evolved over billions of years. Rather than as “*What saith the Scripture?*” we say “*How can we fit the billions of years of atheistic evolution into the Biblical account?*” When we hear people say “*Homosexuality is genetic – some people are*

<sup>3</sup> G952, βέβηλος, bebēlos, *beb'-ay-los*, From the base of G939 and βηλός bēlos (a *threshold*); *accessible* (as by *crossing the door way*), that is, (by implication of Jewish notions) *heathenish, wicked*: - profane (person).

*just born that way*” we respond with “*Lower the standards of Sovereign Grace. Let's accept the practicing homosexual or adulterer into our membership in the name of Love who is god.*” Or else we go into the opposite extreme and, like Pharisees, forbid the homosexual, the drug addict, the prostitute, the sinner from even coming to hear the preaching of the Word of God. My Beloved, we must avoid eating anything that should **cross the threshold**. Husks and swill may be fine for the hogs, but Children of Light should avoid this courser filth. **Refuse profane and old wive's fables**. Turn away from the things of Egypt – God has saved you from this. Turn off your televisions, put down your newspapers, and discern what is manna from what is dirt and filth.

**The ancient Pharisees** were condemned by Jesus because they were

**Mark 7:13 Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye.**

They had taken God's Manna and mixed it with the opinion of man, supposition that was not Scriptural, and topped it all off with a snobbish lovelessness that offended God. God loves life – all life. He is the Author of Life, the Creator of every person you come in contact with, and each person is worth saving in God's eyes. God saves all who will receive the Lord Jesus Christ as Savior. God saves all who will repent of their sins, turning to Him in faith and trust. God is **not willing that any should perish, but that all should come to**

**repentance (2 Peter 3:9).** He has taken great pains to teach us that He wants all who will to enter into His Family by faith. And then, once in the Family, He wants us to remember that those who are kin to Him by faith **hear and do the Word of God (Luke 8:21).**

America is falling, and will continue to fall until we who believe seriously return to that which God has called us to be. Yet we are not without hope.

**Illustrate** Two men sit in a jail cell. They had been beaten with rods, a particularly terrible punishment. Their crime was that they had told others that Jesus Christ was the only Way unto God. These men sat, cold, bruised and bleeding, in the dark. Then they began to sing praises unto God. They thanked God for saving them, praised Him even in the midst of their suffering. God had told them that **all things work together for good, for those who love God (Romans 8:28).** They did not understand how this could be to their good but they sang, trusting God anyway.

**Proverbs 30:5 Every word of God is pure: he is a shield unto them that put their trust in him.**

**Luke 8:21 ... My mother and my brethren are these which hear the word of God, and do it.**

**About midnight,** the Scripture says, the Angel of God shook the prison they were in and freed them from their

cell. We are in the place of **about midnight** in America. Will you awaken, dear Christian, and return to Him Who loves you? Will you reject the evil, turn off the television, open the Word of God and grow? **Fifty one million babies have been aborted since Roe vs Wade.** A Doctor in Kansas will kill babies as they exit the womb if the mother is “depressed” by her pregnancy. Will America still be standing when Jesus comes to take His people home? Whether she stands or not is up to you, dear Believer, and up to how you live out your faith for Jesus. Christ became Jesus Who then died for our sins, ascended to Heaven and was enthroned once more as Christ. Following His ascension Jesus sent every believer His Spirit and His Word. We are His hands and feet on the earth, and we have a mission to accomplish. Tell others about Jesus. Live your lives for Him.

**FOCAL 1 Timothy 4:8-9 For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. (9) This is a faithful saying and worthy of all acceptance.**

May God touch your hearts with these words.