

# **Gospel Shaped Ministry**

## **1 Timothy 4:1-10**

What can go wrong will go wrong  
(Murphy's law)

Watchful faith (v1)

A trustworthy saying (v9)

A spiritual health check (v8)





## **A spiritual health check: diet and exercise (v8)**

A trainer must keep fit (see vv7,11,12)  
—but we all need the checkup (v6)!

Who do we trust for advice?  
—beware of fake news

*Understand* (v4) and be *prepared* (v6) for  
something to go wrong: hence two examples





# **The subtle error: superspirituality (v3)**

Spiritual pride:

Food laws?

Ban marriage (but not necessarily sex!)

(but see 1 Corinthians 7, Mark 19:12)

The error lies in thinking that external signs  
are evidence of spiritual maturity (Luke 11:46)

Spiritual pride destroys conscience (v2)





# **The subtle error: superspirituality (v3)**

Example: Wine, for or against?

“wine that gladdens the heart of man”

(Ps 104:14-15)

What shall we say, then? Shall we go on sinning, so that grace may increase? By no means! We died to sin; how can we live in it any longer? (NIV Rom 6:1–2)

Give thanks (vv4,5)





# The lazy error: old wives tales (v7)

Spiritual flabbiness

–Uncritical acceptance

Compare vv1-6 with vv8-10:

Keep calm, but train hard

The lazy athlete will not win the prize





# Training to win (v9)

Coaching is a science

Analysis, discipline, encouragement

You won't perform well if you don't train (v8).  
But just because it hurts doesn't mean it's  
good for you. It might do positive harm (v3).





## Training to win (v9)

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man [or woman] of God may be thoroughly equipped for every good work. (NIV 2 Tim 3:16–17)

We have put our hope in the living God, who is the Saviour of all men, and especially of those who believe. (NIV 1 Tim 4:10)

