

1 Timothy 4:6-16 **Command and Teach These Things**

Teach Good Doctrine – Avoid False Doctrine – Focus on Godliness

6 If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed.

7 But reject profane and old wives' fables, and exercise yourself toward godliness.

8 For bodily exercise profits a little, but godliness is profitable for 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. 10 For to this end we both labor and suffer reproach, because we trust in the living God, who is the Savior of all men, especially of those who believe.

11 These things command and teach.

12 Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. 13 Till I come, give attention to reading, to exhortation, to doctrine.

14 Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. 15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all. 16 Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.

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Facts Revealed:

Teach Good Doctrine – Avoid False Doctrine – Focus on Godliness [1 Timothy 4:6-16]

✚ The entire first epistle to Timothy is focused on discerning good and true doctrine, from false doctrine introduced by false teachers who desire to be recognized as apostles. Therefore Paul commands Timothy to instruct the brethren in these things, and he will be a good minister of Jesus Christ.

✧ Timothy has been nourished in the words of faith and the good doctrine which he has carefully followed.

✚ With the vast volume of false doctrine going around in the Churches of the world, it is imperative to be on guard against and reject the false which Paul calls profane and old wives' fables.

✧ At the same time Paul commands Timothy to (exercise) discipline himself toward godliness.

✧ Physical exercise has value in this life.

✧ Spiritual exercise is profitable for all things, having promise for the present life and also for the life to come (eternal life). This is a faithful saying and worthy of all acceptance.

✧ Eternal life is that for which we labor and suffer reproach, because we trust in the living God, Who is the savior of all men, especially of those who believe. [1 Timothy 4:9-10]

✧ Jesus died for the sins of the world, Saint and sinner alike, however the only ones that will be saved are those who believe the Gospel message and place their trust in Christ Jesus.

✧ The blood of Jesus is applied for atonement only by the faith of the individual who trusts in Him. [Mark 16:16, Luke 8:12, John 1:12, 3:18, 36, 5:24, 6:40, 47, 11:25, Acts 13:38-39, 16:31, Romans 1:16, 3:21-26,

10:4, 1 Corinthians 1:21, Galatians 3:22, Ephesians 1:7, 2:8, Colossians 1:13-14, 1 Timothy 4:10, Hebrews 9:12, 10:39, 1 John 5:13, Revelation 5:9, 7:13-14]

✚ Paul exhorted Timothy to command and teach the instructions found in this epistle. [1 Timothy 4:11]

Personal advise to Timothy – Good advise to us all [1 Timothy 4:12-16]

✚ Timothy was younger in age than those he would be appointing as (Elders) Bishops and Deacons, so Paul said, "Let no one despise your youth."

✧ Christian leaders are to lead by example to those they shepherd in the Church. [1 Timothy 4:12, 1 Peter 5:1-4]

✧ They are examples in word (how they speak).

✧ Conduct (holy behavior).

✧ Love (from a pure heart).

✧ Spirit (guided by the Holy Spirit).

✧ Faith (fully trusting faith in Christ).

✧ Purity (totally innocent and holy).

✚ Paul will be coming to Ephesus, so he advises timothy how to keep himself pure.

✧ Give attention to reading, to exhortation, to doctrine.

✧ To be effective in the Church, one needs to spend much of his time in the word of God. This includes reading and teaching, being very conscious of **doctrine** (what you believe to be true) which is of utmost importance when in a situation of doctrinal challenges. [1 Timothy 4:13, Acts 6:2]

✧ Our relationship and acceptability to God is based on what we believe (our doctrine). This is why so much attention is given to truth and false teachings by all writers of Scriptures. Truth and error have been with us from the very beginning, and God wants us to be able to discern truth from error.

✚ At the time of his ordination there were prophecies spoken over Timothy and Paul and the Elders laid their hands on him, at the time the gift of leadership was committed to Timothy.

✧ Timothy is young, so Paul counsels him to not neglect the gift that is in him.

✧ Meditate on these things, give yourself entirely to them, that your progress may be evident to all.

✧ Again Paul stressed the importance of **proper conduct** and the need for **sound doctrine**.

✧ Continue in them, for **in doing this you will save both yourself and those who hear you**. [1 Timothy 4:16]

My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. [James 3:1]

✧ Doctrine is of utmost importance because **what you believe** impacts the eternal destiny of the teacher as well as those being taught.