



and (2) God has the ability to save all men. After all, this is why we have hope in God. Hope in God would be useless if one of these two points were untrue. If God had the ability to save all men, but He was dead, it would be useless to place our hope in Him. On the other hand, if God were alive, but He was incapable of saving all men, our hope in Him would be pointless. We can rest assured that Jesus **“is the propitiation for our sins; and not for ours only, but also for those of the whole world”** (1 John 2:2). However, just

because our Lord has been sacrificed to redeem all men does not mean that all men have taken (or must take) part in this salvation. Thus, Paul concludes that God is especially the Savior of the believer. In what do we have hope? If our hope is in the living Savior who can offer profit in the life to come we will labor and strive to discipline our bodies for godliness.

CONCLUSION

Paul encourages us with this trustworthy statement, **“bodily exercise is only of little profit, but godliness is profitable for all things... 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”** (1 Timothy 4:7-10). If we obtain godliness and have the respect for God He deserves, then we will be blessed far beyond what bodily exercise will provide. We can have hope—a hope in the living God who has promised to save all who submit to Him. Does your hope motivate you to action? Does the hope of heaven motivate you to discipline yourself until your life is what God demands of it?



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ISSUE

15.36

BULLETIN OF
THE OLSEN
PARK CHURCH
OF CHRIST

Faithful Sayings

September 8,
2013



Services

Sunday: 9:30 AM
10:20 AM
6:00 PM

Wednesday: 7:00 PM

Elders:

Pat Ledbetter
Jeff Nunn
Kyle Pope

Deacons:

Dean Bowers
Eddie Cook
Steve Dixon
Jack Langley
Neil Ledbetter
Brady McAlister
Walker McAnear
Lance Purcell
Rusty Scott

Evangelists:

Kyle Pope
Andrew Dow

A Trustworthy Statement (1 Timothy 4:7-10)

By Andrew Dow

We have recently been examining a handful of Paul’s instructions to Timothy and Titus. In each case Paul points out that his teaching is **“a trustworthy statement”** (1 Timothy 1:15; 3:1; 4:9; 2 Timothy 2:11; Titus 3:8). This indicates the importance of these statements while removing any doubt as to their truthfulness and need in the Christian’s life. Paul writes, **“Discipline yourself for the purpose of godliness; 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. It is a trustworthy statement deserving full acceptance. 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 Timothy 4:7b-10 NASU). Let’s examine Paul’s instructions to the young preacher as follows: (1) bodily discipline, (2) godliness, and (3) the reason for such discipline.

BODILY DISCIPLINE

“For bodily discipline is only of little profit” (1 Timothy 4:8a). Exercise is important. We’ve been given bodies and we are expected to take care of them (1 Corinthians 3:16-17; 6:19-20). Without proper exercise our bodies would soon fall into disrepair and become

unusable. However, Paul points out that training the physical body is profitable, however the profit is limited. People involved in business understand the idea of profit. It is understood that if you want to succeed in the business world you must strive to increase profit. It is considered a poor decision to invest in something that will render a small profit. Paul tells us here not to invest too heavily in bodily exercise.

How many people do we know investing large amounts of time exercising

and training their physical bodies? Do not misunderstand me, I believe exercise is a good practice and there is good that comes from it. However, Paul is hinting at the fact that there is something that will render a greater profit than physical exercise. As a good investor will tell you, go with what will give you the greatest profit. But what is it that will profit us greatly?

GODLINESS

“Discipline yourself for the purpose of godliness... godliness is profitable for all things, since it holds promise for the present life and also for the life to come” (1 Timothy 4:7, 8). Instead of exercising our physical bodies, Paul encourages us to exercise ourselves for godliness.

We are to exercise for the purpose of godliness, but what is godliness? Our initial reaction might be to say that to be godly is to be like God, but that is not the full sense of the word. Thayer defines the Greek word *eusebeia*, translated **“godliness”**—“piety towards God.” One who is godly has a reverence or respect toward God. Thus, Paul is telling us to exercise ourselves, not so that we are physically healthy, but so that we fear and worship God.

Paul makes a contrast here between physical and spiritual exercise. Bodily exercise profits a little, but if you attain godliness (i.e., the fear of God) it is profitable for all things. It profits us currently, but beyond that, it profits us in the life to come. We exercise ourselves spiritually in order to reach the ultimate goal (1 Corinthians 9:24-27; Hebrews 12:1-2). If we truly obtain the fear of God, we will be blessed with eternal life. This is the Christian’s goal, and it is what prompts us to discipline ourselves. In the next couple of verses Paul explains further the reason we discipline our bodies.

THE REASON FOR SUCH DISCIPLINE

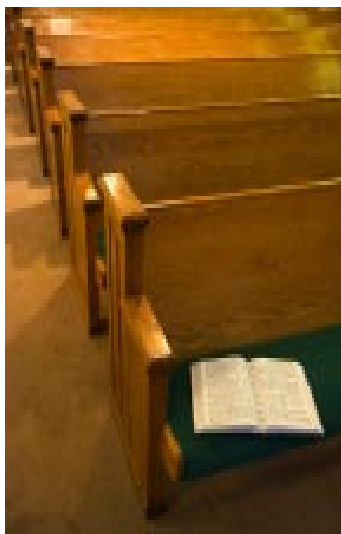
After presenting the contrast between bodily discipline and discipline for godliness, Paul reassures the reader, **“It is a trustworthy statement deserving full acceptance. For it is for this we labor and strive, because we have fixed our hope on the living God, who is the Savior of all men, especially of believers”** (1 Timothy 4:9-10). Paul nowhere in this text suggests a half-hearted approach to exercising ourselves unto godliness. In fact, to the other extreme, Paul says it is this discipline that we **“labor and strive”** to accomplish. Here Paul further unveils the reason why godliness is something for which we strive. His reason can be summed up in the words, **“our hope.”**

“We labor and strive because we have fixed our hope on the living God” (1 Timothy 4:10). Hope, often mentioned along side faith and love, is one of the most motivating factors in the Christian’s life (1 Corinthians 13:13; 1 Thessalonians 1:3; etc.). Christians are to be a people of hope. Paul told the Thessalonians he did not want them to **“grieve as do the rest who have no hope”** (1 Thessalonians 4:13). In the following verses Paul gives the Thessalonians hope to motivate them through their persecutions (1 Thessalonians 4:13-5:11). How wonderful for the Christian to realize that he can take comfort in the hope of **“a better country, that is, a heavenly one”** (Hebrews 11:16)!

Paul reminds Timothy that our hope rests on **“the living God”** (1 Timothy 4:10). People place their hope in a lot of things. Some decide to hope in money, wealth, physical pleasure, or men. The problem with placing our hope in anything worldly is that it will disappoint us. The Scriptures teach that **“the elements will be**

destroyed with intense heat, and the earth and its works will be burned up” (2 Peter 3:10), therefore the Lord instructs us **“store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal”** (Matthew 6:20). The Christian hopes in a LIVING God who, despite the world’s best efforts, **“was neither abandoned to Hades, nor did His flesh suffer decay. This Jesus God raised up again... this Jesus whom you crucified”** (Acts 2:31-32, 36). While the world hopes in corruptible things, we hope in the incorruptible.

The apostle tells Timothy that **“we have fixed our hope on... the Savior of all men, especially of believers.”** (1 Timothy 4:10). The question might be posed, is Paul suggesting that God will save all men regardless of whether they have been obedient to His will? This question misses Paul’s point in context. Here Paul glorifies God in two ways: (1) God is alive,



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