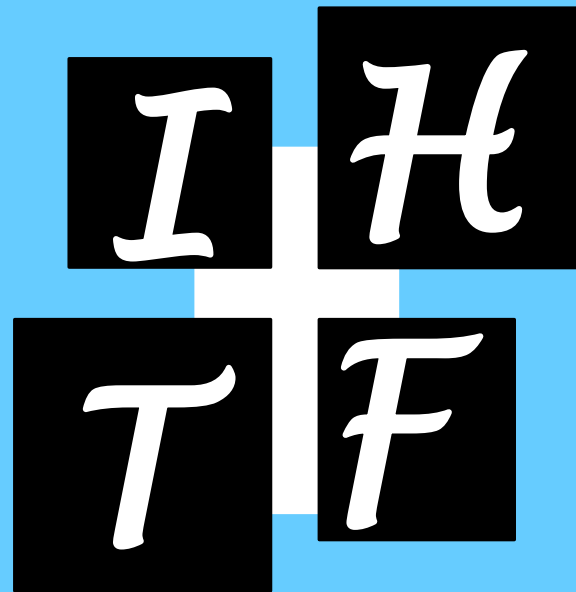


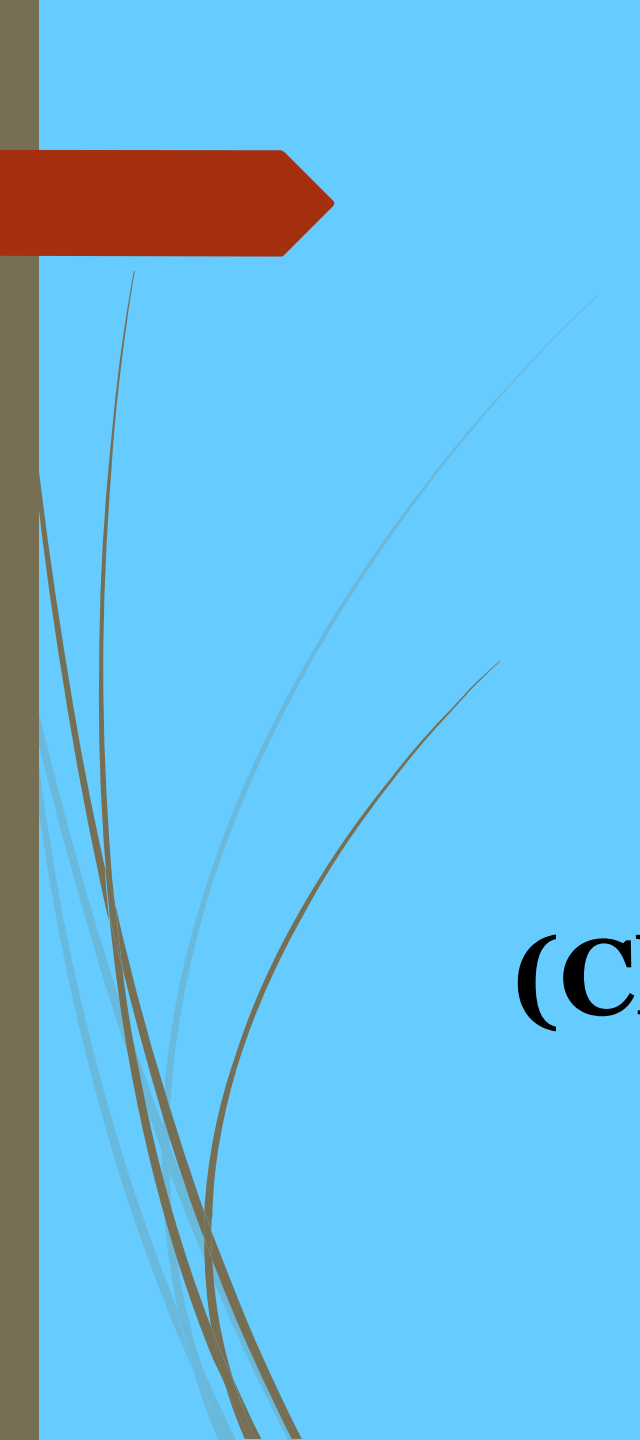


# INTERNATIONAL HOUSE OF TRUTH AND FREEDOM SMYRNA-VININGS, GA, USA

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# **TRAINING IN GOD'S GYM**

**(Christian Character Series)**

# Training in Godliness

## **1 Timothy 4:7-10**

**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.**

Training is defined as developing and then improving mentally or physically through instruction and practice consistently to reach or maintain a goal, such as a level of fitness. Paul commends bodily exercise but recommends training in godliness which he stated is profitable for all things, for our life now and for life which is to come. Training ourselves for godliness refers to a type of exercise in which we are constantly seeking to grow in our devotion, reverence, and desire or longing for God. It is training geared towards daily presenting our bodies as a living sacrifice to God.

# Paul's Training Regimen

## **1 Timothy 4:12-16**

**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.**

In every gym there are different types of equipment aimed at developing specific parts of the body. Some are to strengthen the cardiac system. Others are to help muscle and bone strength. Others are for endurance. So is training in godliness. Paul recommended some traits to Timothy which are worthy of emulation. These include training to be an example to believers in word, in conduct, in love, in spirit, in faith, and in purity. He encouraged Timothy to devote himself to reading the Word of God, to exhorting others and to learning about the Christian doctrine, and to meditating on these to progress, which is the goal of every training.

# Peter's Training Regimen

## 2 Peter 1:5-9

**Amplified Bible, Classic Edition**


**5** For this very reason, adding your diligence [to the divine promises], employ every effort in exercising your faith to develop virtue (excellence, resolution, Christian energy), and in [exercising] virtue [develop] knowledge (intelligence), **6** And in [exercising] knowledge [develop] self-control, and in [exercising] self-control [develop] steadfastness (patience, endurance), and in [exercising] steadfastness [develop] godliness (piety), **7** And in [exercising] godliness [develop] brotherly affection, and in [exercising] brotherly affection [develop] Christian love. **8** For as these qualities are yours and increasingly abound in you, they will keep [you] from being idle or unfruitful unto the [full personal] knowledge of our Lord Jesus Christ (the Messiah, the Anointed One). **9** For whoever lacks these qualities is blind, [spiritually] shortsighted, seeing only what is near to him, and has become oblivious [to the fact] that he was cleansed from his old sins.

Apostle Peter had a similar take on training in godliness. He saw training as growing in these areas:

- faith in God
- having a good moral character
- knowledge of God and His will through His word
- self-control or temperance
- perseverance or patience in the face of difficulty
- striving to be like God
- brotherly kindness
- loving as Christ loved us and gave Himself for us



# Take Away



It takes a lot of time, sometimes setbacks, effort, hard work and total reliance on the Holy Spirit to train in godliness but it is worth it. It helps to train with others to share ideas and also to motivate one another. So, let us make it a point to daily enter into God's gym, in whatever situation we find ourselves, to train ourselves for godliness, for it holds promise for both our present life and the life to come. Are you ready for this challenge? Let us pursue this together. May the grace of our Lord Jesus, the love of God, and the fellowship of the Holy Spirit assist us in our training in godliness now and always. Amen!