

<sup>16</sup> All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, <sup>17</sup> so that the man of God may be thoroughly equipped for every good work.”

## ➤ Training from a mature \_\_\_\_\_.

**ACTS 16:1-3:** “He came to Derbe and then to Lystra, where a disciple named Timothy lived, whose mother was a Jewess and a believer, but whose father was a Greek. <sup>2</sup> The brothers at Lystra and Iconium spoke well of him. <sup>3</sup> Paul wanted to take him along on the journey, so he circumcised him because of the Jews who lived in that area, for they all knew that his father was a Greek.”

**1 TIMOTHY 1:2:** “To Timothy my true son in the faith”

**2 TIMOTHY 1:13:** “What you heard from me, keep as the pattern of sound teaching with faith and love in Christ Jesus.”

**2 TIMOTHY 3:10:** “You, however, know all about my teaching, my way of life, my purpose, faith, patience, love, endurance, <sup>11</sup> persecutions, sufferings—what kinds of things happened to me in Antioch, Iconium and Lystra, the persecutions I endured.”

**PHILIPPIANS 2:19-22:** “I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. <sup>20</sup> I have no one else like him, who takes a genuine interest in your welfare. <sup>21</sup> For everyone looks out for his own interests, not those of Jesus Christ. <sup>22</sup> But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel.”

**1 TIMOTHY 6:12:** “But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. <sup>12</sup> Fight the good fight of the faith.”

## **To be an Ultimate Fighting Christian we need to...**

## **2. Train \_\_\_\_\_.**

**1 TIMOTHY 4:7-10:** “Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. <sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. <sup>9</sup> This is a trustworthy saying that deserves full acceptance <sup>10</sup> (and for this we labor and strive), that we have put our hope in the living God, who is the Savior of all men, and especially of those who believe.”

“Paul introduced an athletic image with the words train yourself. The verb here is gymnaze, from which comes the English “gymnasium.”

But Timothy’s training was to be for godliness (cf. 1 Tim. 2:2), not physical fitness. Paul often used athletic analogies to drive home the need for spiritual discipline (cf. esp. 1 Cor. 9:24-27). **John F. Walvoord, Roy B. Zuck and Dallas Theological Seminary, *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Wheaton, IL: Victor Books, 1983-c1985), 2:740.**

**1 CORINTHIANS 9:24-27:** “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. <sup>26</sup> Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. <sup>27</sup> No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

“Paul used two similar athletic images in writing to the Corinthians (1 Cor. 9:24–27), emphasizing the disciplines necessary for godly living. As an athlete must control his body and obey the rules, so a Christian must make his body his servant and not his master. When I see high school football squads and baseball teams going through their calisthenics under the hot summer sun, I am reminded that there are spiritual exercises that I ought to be doing (Heb. 5:14). Prayer, meditation, self-examination, fellowship, service, sacrifice, submission to the will of others, witness—all of these can assist me, through the Spirit, to become a more godly person.” **Warren W. Wiersbe, *The Bible Exposition Commentary* (Wheaton, Ill.: Victor Books, 1996, c1989), 1 Ti 4:7.**

“Paul shifted to an athletic illustration at this point in his letter. Just as a Greek or Roman athlete had to refuse certain things, eat the right food, and do the right exercises, so a Christian should practice “spiritual exercise.” If a Christian puts as much energy and discipline into his spiritual life as an athlete does into his game, the Christian grows faster and accomplishes much more for God.” **Warren W. Wiersbe, *The Bible Exposition Commentary* (Wheaton, Ill.: Victor Books, 1996, c1989), 1 Ti 4:7.**

## **KEY QUESTION: Why do some grow faster than others?**

**HEBREWS 5:11-14:** “We have much to say about this, but it is hard to explain because you are slow to learn. <sup>12</sup> In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God’s word all over again. You need milk, not solid food! <sup>13</sup> Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. <sup>14</sup> But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

**1 TIMOTHY 4:9-10:** “This is a trustworthy saying that deserves full acceptance <sup>10</sup> (and for this we labor and strive), that we have put our hope

in the living God, who is the Savior of all men, and especially of those who believe.”

“The words “labor” and “suffer reproach” are *kopiaō* (κοπιᾶω), “to labor to the point of exhaustion,” and *agōnizomai* (ἀγωνίζομαι), a Greek athletic term speaking of the participation of the athlete in the Greek games. We get our word “agony” from the latter. Both words denote strenuous and painful effort. The word “and” is ascensive, “we labor, yea struggle.” **Kenneth S. Wuest, Wuest’s Word Studies from the Greek New Testament: For the English Reader (Grand Rapids: Eerdmans, 1997, c1984), 1 Ti 4:9.**

### ***Once trained, an Ultimate Fighting Christian strives to...***

### **3. Train \_\_\_\_\_.**

**2 TIMOTHY 2:1-2:** “You then, my son, be strong in the grace that is in Christ Jesus. <sup>2</sup> And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.”

**1 TIMOTHY 4:11-16:** “Command and teach these things. <sup>12</sup> Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. <sup>13</sup> Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. <sup>14</sup> Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you. <sup>15</sup> Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. <sup>16</sup> Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.”

## **FINAL THOUGHTS**

*Where are you in your training to fight the good fight?*

- I’ve accepted Jesus as my Lord and Savior, but need to commit myself to training myself in godliness (Start practicing Spiritual Disciplines).
- I’ve accepted Jesus as my Lord and Savior and have been training myself to be godly, but could really use some coaching/mentoring.
- I’m a mature follower of Jesus and want to commit myself to training others – I want to be a mentor/coach.

## **ULTIMATE FIGHTING CHRISTIAN**

### **Today’s Message: “The Making of An Ultimate Fighting Christian”**

1 Timothy 4:6-16

Pastor Cory Anderson / SMC / 08.02.09

### **INTRODUCTION:**

**1 TIMOTHY 4:6-16:** “If you point these things out to the brothers, you will be a good minister of Christ Jesus, brought up in the truths of the faith and of the good teaching that you have followed. <sup>7</sup> Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. <sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. <sup>9</sup> This is a trustworthy saying that deserves full acceptance <sup>10</sup> (and for this we labor and strive), that we have put our hope in the living God, who is the Savior of all men, and especially of those who believe. <sup>11</sup> Command and teach these things. <sup>12</sup> Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. <sup>13</sup> Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. <sup>14</sup> Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you. <sup>15</sup> Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. <sup>16</sup> Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.”

### ***To be an Ultimate Fighting Christian we need to...***

### **1. Train with a \_\_\_\_\_.**

**1 TIMOTHY 4:6:** “If you point these things out to the brothers, you will be a good minister of Christ Jesus, brought up in the truths of the faith and of the good teaching that you have followed.”

#### **➤ Training from \_\_\_\_\_.**

**2 TIMOTHY 1:5:** “I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.”

**2 TIMOTHY 3:14-17:** “But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, <sup>15</sup> and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.