

CHARACTER COUNTS

GODLINESS

BIG IDEA: A godly life points others to Christ.

DATE: Sunday, August 23, 2026

SCRIPTURE: 1 Timothy 4:6-16

OPENING QUESTION

Based on what's seen in your house, what would others say you are "into"? How does your décor reflect who you are or what you like?

SETTING THE STAGE

First Timothy is grouped in a collection of Paul's letters known as the Pastoral Epistles (1 & 2 Timothy; Titus). These letters were written to some of Paul's coworkers, whom the apostle had left in charge of the churches at Ephesus (Timothy) and Crete (Titus). Written toward the end of Paul's life, 1 Timothy challenged Paul's mentee to stand strong against false teachings (1:3) and ungodly practices (3:15) that had arisen in the Ephesian church. Both of these emphases are prominent in 1 Timothy 4:6-16.

SCRIPTURE READING

1 Timothy 4:6-16 (CSB)

⁶ If you point these things out to the brothers and sisters, you will be a good servant of Christ Jesus, nourished by the words of the faith and the good teaching that you have followed. ⁷ But have nothing to do with pointless and silly myths. Rather, train yourself in godliness. ⁸ For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.

⁹ This saying is trustworthy and deserves full acceptance. ¹⁰ For this reason we labor and strive, because we have put our hope in the living God, who is the Savior of all people, especially of those who believe. ¹¹ Command and teach these things.

¹² Don't let anyone despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, and in purity. ¹³ Until I come, give your attention to public reading, exhortation, and teaching. ¹⁴ Don't neglect the gift that is in you; it was given to you through prophecy, with the laying on of hands by the council of elders. ¹⁵ Practice these things; be committed to them, so that your progress may be evident to all. ¹⁶ Pay close attention to your life and your teaching; persevere in these things, for in doing this you will save both yourself and your hearers.

DISCUSSION

READ: 1 TIMOTHY 4:6-8

Why is physical training a good illustration for training in godliness?

What are some ways we can train ourselves in godliness?

How does an eternal perspective help guide us in the present?

Godliness: Respect for God that affects the way a person lives.

READ 1 TIMOTHY 4:9-11

What are things or people the world puts its hope in?

How has hope carried you through some tough times?

How would you describe Christ-centered hope to a non-believer?

READ: 1 TIMOTHY 4:12-16

We can easily lose sight of where we should place our hope. Our hope is in Christ!

What does the command to persevere tell us about the challenges of godly living?

How has our group encouraged godly living in the areas of our speech, our conduct, our love, our faith and our purity?

How can we avoid complacency as we pursue godly living?

RESPONSE

A godly life points others to Christ. Choose one of the following applications.

Train. Set aside fifteen minutes every day this week to read a passage of Scripture and talk to God about how you can pursue godliness in your life.

Journal. As you study this content this week, journal your thoughts, convictions, and insights. Write out the steps you need to take in your pursuit of godliness.

Impact. Make a list of the people you influence with your life. Ask God to provide you with opportunities to impact one of these people through your pursuit of godliness and make a plan to do so.