

Training for Godliness March 23, 2025

1 Timothy 4:7-8, *“Train yourself to be godly. ⁸ “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”*

Jeremiah 17:5-6, *“This is what the Lord says: “Cursed are those who put their trust in mere humans, who rely on human strength and turn their hearts away from the Lord. ⁶ They are like stunted shrubs in the desert, with no hope for the future. They will live in the barren wilderness, in an uninhabited salty land.”*

Curse: a declaration of being set apart for destruction, affliction.

What does it look like when I rely on my own strength?

- 1. We become unfaithful:** *Our hearts turn away from the Lord and others.*
- 2. We become underdeveloped:** *Our growth is stunted.*
- 3. We become unbelieving:** *We lose hope for the future.*
- 4. We become unfruitful:** *Our lives feel like a barren wilderness.*
- 5. We become unattached:** *We live in an uninhabited salty land.*

Hebrews 11:1-2,32-34, *“Now faith is the assurance of things hoped for, the conviction of things not seen. ² For by it the men of old gained approval. ³² By faith, Gideon, Samson, Samuel and the prophets, ³³ conquered kingdoms, performed acts of righteousness, obtained promises, shut the mouths of lions, ³⁴ quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and put foreign armies to flight.”*

Matthew 26:41, *“Watch and pray. Then you won’t fall into sin when tempted. The spirit is willing, but the body is weak.”*

Hebrews 4:14-16, “Since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. ¹⁵ This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. ¹⁶ So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.”

1 Timothy 2:5, “There is one God, and one mediator between God and men, the man Christ Jesus.”

John 15:5,9-11, “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. ⁹ I have loved you even as the Father has loved me. Remain in my love. ¹⁰ When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. ¹¹ I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!”

What does it look like to lean on God for strength?

Jeremiah 17:7-8, “Blessed are those who trust in the Lord and have made the Lord their hope and confidence. ⁸ They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.”

1. We Become Confident: *We become like trees planted along a riverbank.*

2. We Become Courageous: *We are not bothered by heat, drought, or worry.*

3. We Become a Catalyst for Growth: *We never stop producing fruit.*

Psalms 84:5, “How blessed is the man whose strength is in You!”

Psalms 28:7, “The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy.”

2 Corinthians 12:9, “My grace is all you need. My power works best in weakness.” So now I (Paul) am glad to boast about my weaknesses, so that the power of Christ can work through me.”