

THE VALUE OF GODLINESS

1 Timothy 4:8-10

Awareness

Before listening, reflect:

- If someone asked you “What is godliness?,” how would you define and describe it?
- How do you decide if an activity is worth your time? What gives it value?

Most of us understand the importance of good eating habits and exercise for our physical health...whether we practice them or not! And as a society we’ve recently begun to learn more about the importance of promoting emotional and mental health, but as Christians how much attention do we give to our spiritual health? In writing to Timothy in 1 Timothy 4, Paul makes clear that our efforts to strive for godliness are essential to improving our spiritual health. But what it means to strive for godliness and how it actually looks in our lives may surprise you.

Reflection

After listening, consider:

- Where do you already see evidence of godliness in your own life? What are you doing to cultivate it?
- In his [commentary on 1 Timothy](#), John Calvin suggests that Paul’s meaning of physical training refers not to physical fitness, but to physical displays of religious piety. What dimension does this add to hosts, Dave Bast and Scott Hoezee’s conversation at the start of segment 2? Can you name any practices in our religious culture that might fall into Calvin’s category of physical displays of religious piety that don’t do much to actually train us in godliness?
- In segment 2, Scott contrasts godliness with worldliness. What are some ways God thinks differently than the world thinks?
- Why is dedication to spiritual training difficult? Why is it so easy to let our commitment to our spiritual fitness slide or take a back seat when life gets busy?
- New practices take time to become habits and often we have to start much smaller than our end goal. Consider some of the ideas for training in godliness that Dave and Scott discuss in segment 3. Do any of them resonate with you?

Related Passages

- **Matthew 5:1-14**
- **Acts 10:9-48**
- **Colossians 3:1-17**

Conclusion

What is one positive change you'd like to make to improve your spiritual fitness? Spend some time thinking about: What needs to happen for this change to become a habit? Who could help you pursue this—either doing it with you or providing genuine, caring accountability? Make a plan, consider the when, why, where, and how for your ideal progress and also account for the inevitable times when you might lose sight of your training. Then pray about it. Seek God's wisdom, revelation, and help as you pursue godliness.

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