

Sermon Notes

Effective leadership

1 Timothy 4:1-16

Intro: Olympic training – it looks like hard work!

1. Beware false “Godliness”!

4:1-5

A) It is possible for churchgoers to become devoted to demonic “godliness”

4:1-3

How do we avoid that?

B) But real godliness is shaped by the Word of God and thankful prayer

4:4-5

2. Train for real godliness

4:6-16

Why?

A) Because training to be godly is even more valuable than training to be fit

4:8-9

How?

B) Godliness is trained by the Word of God, taught & exemplified by leaders

4:6-7, 11-16

*Conclusion: true godliness involves not gruel in a monastery, but
gospeling the world (v10)*