



# Helping People to Enjoy Life

1 Timothy 4:1-16

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# By the way: Happy Father's Day! Happy Grilling!

- Switzerland: two weeks ago
- Denmark: June 5
- Austria and Belgium: one week ago
- Germany: Ascension Day or May 9
- America, Britain, Canada, Philippines, Japan, Hong Kong, Singapore, France, Ghana, etc: Today
- Thailand: December 5
- Romania: May 12
- Spain, Belgium, Portugal, Italy: March 19
- Brazil: August 11

# 1 Timothy 4:1-16

The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. <sup>2</sup> Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. <sup>3</sup> They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. <sup>4</sup> For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, <sup>5</sup> because it is consecrated by the word of God and prayer.

# 1 Timothy 4:1-16

If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on 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.

# 1 Timothy 4:1-16

<sup>10</sup> That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, 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 conduct, 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.

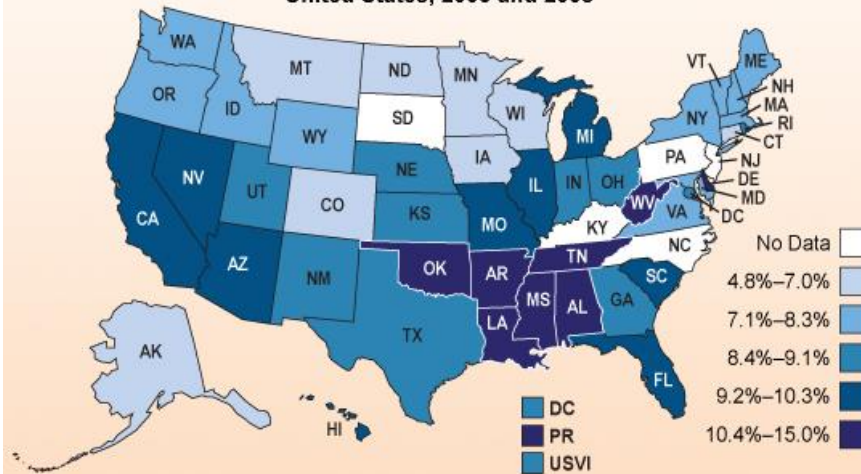
# 1 Timothy 4:1-16

<sup>14</sup> Do not neglect your gift, which was given you through prophecy 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.

# Depression in the world

- CDC Estimates 10% of American adults are depressed (5% worldwide)
- WHO estimates 25% of Europeans suffer depression or anxiety

Age-standardized\* percentage of adults meeting criteria for current depression,<sup>^</sup> by state/territory — Behavioral Risk Factor Surveillance System, United States, 2006 and 2008<sup>§</sup>



\* Age standardized to the 2000 U.S. standard population.

<sup>^</sup> Based on responses to Patient Health Questionnaire 8.

<sup>§</sup> Data presented were collected by 16 states in 2008 and by 29 different states, the District of Columbia, and two territories in 2006. Five states (Kentucky, New Jersey, North Carolina, Pennsylvania, and South Dakota) did not participate in either year. Nine states (Hawaii, Kansas, Louisiana, Maine, Mississippi, Nebraska, North Dakota, Vermont and Washington) participated in both years, but only 2008 data were included.

# Three problems that plagued the church at Ephesus

- Unbiblical austerity, 4:1-5  
(*Sparmaßnahmen, austeridad*)
- Silly superstitions, 4:6-10 (*dummer Aberglauben*)
- Neglect of biblical truth, 4:11-16



# Problems that challenge us today

- Legalists – they focus on themselves rather than on Christ
- Superstitious people who confuse themselves and everyone else
- People who do not know believe truth exists – Postmodernism.
- Those who believe in themselves, those who believe in everything, those who believe in nothing.

# God's solutions

- Be grateful for what God has done
- Be confident in what God continues to do
- Be wise in the word of God

# 1. Live Gratefully in Christ

“For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer” (1 Tim. 4:4-5).

# The faces of legalism

- Some abandoned Christ. Those whose personal failure led them away from God.
- Some added to Christ: Those who had replaced Christ with something.
- Some abstained. They replaced grace through faith with abstaining from what God had created, namely marriage (Prov. 18:22) and certain foods (Mark 7:18-19).
- Motivated by false pride or false fear, they replaced God's grace in Christ with human effort, resulting in a joyless and thankless religion.

# Thanksgiving

- “Everything God created is good.” We recognize His creative act as Spirit.
- We submit the use of all things under His Lordship, under the command of His Spirit. The Spirit is greater than the physical world.
- “Consecrated by the Word of God and prayer.” The Word of God informs us how to use the physical things. The Spirit leads us in prayer also to understand His will.
- The Body of Christ (local church) also helps us know how to use things wisely.

# A Story About Grace



- We are accepted by grace, not works
- We are accepted through faith in a loving and forgiving God, not our works
- We worship and serve in positive gratitude, not in pride or fear
- All of this is through Christ

## 2. Live Confidently in Christ

- "...brought up in the truths of the faith and good teaching" (1 Tim. 4:6)
- "All of God's ways are loving and faithful for those who keep the demands of his covenant" (Psalm 25:10).
- Build upon your righteous inheritance!
- Discipline your mind and emotions to please the Lord. "Godliness has value for all things, holding promise for both the present life and the life to come" (1 Tim. 4:8).

# The Challenges of Learning to Swim!

**After Day 1**



**After Day 2**





# We can be confident!

- God created the world in which we live
- God is at work in this world, though fallen as it is. God will be victorious
- God is compassionate and good
- God is all powerful and He is for us!
- We can enjoy life today because God will be here tomorrow

### 3. Live in the Truth of God

- “Command and teach these things” (1 Tim. 4:11)
- Have nothing to do with superstitious nonsense, the ideas of other faiths, mysteries founded on fears
- “Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and doctrine closely...” (1 Tim. 4:15-16)

# Common lies we hear

- You are what you are and that is all that you will ever be. You cannot overcome your failures or get past your hurts
- It does not matter what you believe, just as long as you are sincere.
- It does not matter what you do, just believe.
- It does not matter what you believe, just what you do.

# God's Truth

- He heals us. “He heals the brokenhearted and binds up their wounds” (Psalm 147:3)
- He makes us new. “If anyone is in Christ he is a new creation; the old has gone, the new has come” (2 Cor. 5:17)
- He guides us in life. “Those who are led by the Spirit of God are sons of God” (Rom 8:14)
- He gives life and peace. “Peace I leave with you; my peace I give you” (John 14:27)

## C.S. Lewis wrote:

“Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition, when infinite joy is offered to us, like an ignorant child who wants to go on making mud pies in the slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.”