The meaning of earthly existence lies, not as we have grown used to thinking, in prospering, but in the development of the soul. – Alexander Solzhenitsyn

# Intro: How do we cope with all of the anxiety?

1. God gave you a message, train in it
2. Learn the message and respond to it

v. 6 If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed.

v. 11 Command and teach these things.

v. 13 Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching.

1. Steer clear of the garbage

v. 7 Have nothing to do with irreverent, silly myths.

2 Timothy 2:16 avoid irreverent babble, for it will lead people into more and more ungodliness

Titus 3:9 But avoid foolish controversies, genealogies, dissensions, and quarrels about the law, for they are unprofitable and worthless.

1. This requires everything you’ve got

v. 7 Rather train yourself for godliness …

v. 10 to this end we toil and strive

v. 15 Practice these things, immerse yourself in them, so that all may see your progress.

v. 16 Keep a close watch on yourself and on the teaching.

* How can our information diet contribute to our anxiety?
* How does immersing yourself in Scripture lead to personal growth and transformation?
* Why do we often avoid words like train, toil, and strive to describe the diligence in Bible reading and application that God asks of us?
1. God gave you a gift, use it
2. You have spiritual resources to make a spiritual difference

1 Corinthians 12:1 Now concerning spiritual gifts, brothers, I do not want you to be uninformed.

1 Corinthians 12:7 To each is given the manifestation of the Spirit for the common good.

1. Don’t neglect your calling

v. 14 Do not neglect the gift you have, which was given you by prophecy when the council of elders laid their hands on you.

2 Timothy 1:6-7 I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.

Ephesians 2:10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Romans 12:6 Having gifts that differ according to the grace given to us, let us use them …

1 Peter 4:10 As each has received a gift, use it to serve one another ...

* Why might Timothy have been tempted to neglect his gift?
* How might mentioning Timothy’s gift and how it was affirmed have encouraged Timothy?
* What gets in the way of you using the gift God has given you?
1. God gave you hope, live for it
2. Godliness is what you need to deal with life

v. 8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life

1. Godliness is the blessing you can pack for the next life

v. 8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for … the life to come

1. Godliness is what can rescue that person

v. 12 Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

v. 16 Persist in this, for by so doing you will save both yourself and your hearers.

* How would Timothy’s growth in godliness have helped him deal with a church with people aggressively teaching false doctrines and stirring up division?
* How might your own growth in godliness impact some of the challenges you face?
* How does godliness make a difference in our eternal well-being?
* Where do you most need prayer in applying this message?

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| **Study Ahead** | **Next week, we’ll study 1 Timothy 5:1-16** |

Notes