



Train Yourself for Godliness

1 Tim 4:7-8

1 Peter 3:15

But in your hearts revere Christ as Lord.
Always be prepared to give an answer to
everyone who asks you to give the reason for
the hope that you have. But do this with
gentleness and respect



1 Tim 4:7-8

⁷ ... rather **train yourself for godliness**; ⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.



Train Yourself for Godliness

Train – from the Greek “*gymnazo*”

Exercise, train

“to develop a person’s behavior by instruction and practice”

Godliness – right living and right beliefs



Bodily Training vs. Training in Godliness

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

Bodily training – benefits this life only

Godliness – benefits in this life and for eternity.

