

# TOTAL MARRIAGE FITNESS

Stop Trying ... Start Training!

Introduction

1 Timothy 4:7

*Now the Spirit expressly says that in later times some will depart from the faith ... who forbid marriage and require abstinence from foods ...*

*1 Timothy 4:1-3*

- The false teachers drove a wedge between

\_\_\_\_\_ and \_\_\_\_\_

what you believe

what you do

Result



- The apostle Paul implored Timothy to eat (6) and exercise (7) for godliness.

godliness = a gospel \_\_\_\_\_ life

“train” = gymnazō (4x)

- \_\_\_\_\_ - “train yourself...”

- \_\_\_\_\_ - “they have hearts \_\_\_\_\_  
in \_\_\_\_\_”

2 Peter 2:14 -

- \_\_\_\_\_ → \_\_\_\_\_

*For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.*  
*Hebrews 12:11*

- \_\_\_\_\_ - Hebrews 5:11-14

v. 13 - “unskilled in the word of righteousness” =

lacking \_\_\_\_\_ in living out  
the ethical implications of the \_\_\_\_\_

“trained by constant practice” -

- Why is it so dangerous to divorce the gospel from the mundane activities of life?
- Are you excited, fearful, apathetic or \_\_\_\_\_ about training yourself (whether married or single) for godliness?
- Is there a “silly myth” (1 Timothy 4:7) that holds you back?
- How will you respond?