



Island Pond Baptist Church | Pastor Kyle Lewis | October 19, 2025

## The Pastor's Workout Plan

1 Timothy 4:1-16

Main idea: Because the Spirit warns of \_\_\_\_\_ doctrines, we must cling to the truth, be trained by Scripture, and persist in godliness so that we and our people are saved.

Believe and know the \_\_\_\_\_, not false teachings (vv. 1-3)

1 Timothy 4:1-2 - Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, 2 through the insincerity of liars whose consciences are seared...

Satan's goal is to lead you \_\_\_\_\_ from Jesus Christ.

Are you keeping clear of the influence of \_\_\_\_\_?

\_\_\_\_\_ yourself with scripture (vv. 4-6, 13)



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**1 Timothy 4:6** - 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.

The Bible is not meant to be used as a checklist item. It is meant to be a \_\_\_\_\_ we cling to each day.

The amount of \_\_\_\_\_ you will do as a Christian is equal to the amount of Scripture you let transform your life.

**Grow \_\_\_\_\_ in your life (vv. 7-10)**

**1 Timothy 4:7-8** - Have nothing to do with irreverent, silly myths. 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.

\_\_\_\_\_  
\_\_\_\_ ( \_\_\_\_\_ )  
\_\_\_\_\_

**\_\_\_\_\_ godliness to others (vv. 11-16)**

**1 Timothy 4:12** - Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

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