

“Love Lifted Me Recovery Ministries”

First Timothy Bible Study — I Timothy 4:4-10 Lesson #8

**INSTRUCTIONS: Read the entire section of Scripture in First Timothy before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God’s word. Most Scriptures used are from the New King James Version.

4-5 For every CREATURE of GOD is GOOD, and nothing is to be REFUSED if it is received with THANKSGIVING; for it is SANCTIFIED by the WORD of GOD and PRAYER.

•John 6:10-11 “Then _____ said, “Make the people sit down.” Now there was much grass in the place. So the men sat down, in number about five thousand. And _____ took the _____, and when He had _____ He distributed them to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted.”

•Luke 9:16-17 “Then He took the five _____ and the two _____, and looking up to _____, He _____ and broke them, and gave them to the disciples to set before the multitude.”

•Philippians 4:6-7 “Be anxious for nothing, but in everything by _____ and supplication, with _____, let your requests be made known unto _____.”

Definition: “Every CREATURE of GOD is GOOD, and nothing is to be REFUSED” – Paul is talking about FOOD here, so it does NOT mean you can eat any old thing you want, even poisonous things, and use this verse to say it’s okay. So, anything that is considered FOOD by different people groups, even if it’s something YOU would not ordinarily eat, is okay, if we receive it with THANKSGIVING, as the verse says. **The FOOD is SANCTIFIED (made holy, okay to eat) by the WORD of GOD and PRAYER**, so always remember to pray and give thanks before you eat a meal.

•I Corinthians 10:25-27 “_____ whatever is sold in the _____ market, asking no questions for conscience’ sake; for ‘The _____ is the _____, and all its fullness.’ If any of those who do not believe _____ you to _____, and you desire to go, _____ whatever is _____ before you, asking no question for conscience’ sake.”

Definition: “EAT whatever is SET before you, asking no question for conscience’ sake” – You really have to read this whole chapter, and also chapter 8, because Paul is going into a long argument or teaching on what the Christians in Corinth were allowed to eat. **Many of these new Believers had come out of a religion of IDOL WORSHIP**, and the meat sold in their local markets was leftover from the sacrifices to these idols. Paul argues that **ALL of creation is from the ONE TRUE GOD, and we should not be afraid to eat something**, even if someone else had offered it to their false gods. Again, **the FOOD we eat is SANCTIFIED (made holy, okay to eat) by the WORD of GOD and PRAYER**, so that would include this meat that some of the Believers had doubts about eating. Also, one form of legalism or self-made religion is to have people keep certain dietary commandments and only eat certain foods. God’s word tells us that **God is interested in the fruit of the Holy Spirit in our lives** (Galatians 5:22-23), **NOT** a list of foods that we eat or don’t eat.

•Romans 14:17-18 “For the _____ of _____ is not _____ and _____, but _____ and _____ and _____ in the _____ to _____. For he who _____ Christ in these things is _____ and approved by men.”

•Romans 8:4 “That the righteous _____ of the _____ might be _____ in us who do not walk (live our lives) according to the _____

but _____ to the _____.”

• **Colossians 2:20-23** “Therefore if you _____ with _____ from the _____ principles of the _____, why, as though living in the world, do you _____ yourselves to _____ – ‘Do not _____, do not _____, do not handle,’ which all concern things which perish with the using – according to the _____ and _____ of men? These things indeed have an _____ of wisdom in self-imposed _____, _____ humility, and _____ of the _____, but are of _____ value against the _____ of the _____.”

6-8 If you instruct the brethren in these things, you will be a **good MINISTER of Jesus Christ, NOURISHED in the WORDS of FAITH and of the good doctrine** which you have carefully followed. But **REJECT profane and old wives’ FABLES**, and exercise yourself rather to godliness. **For BODILY EXERCISE profits a LITTLE, but GODLINESS is profitable for ALL things**, having promise of the life that now is and of that which is to come .

• **Colossians 2:19** “...and not holding fast to the _____, from whom all the body [of Christ], _____ and _____ by joints and ligaments, _____ with the increase which is from God.”

• **Colossians 2:2** “That their hearts may be encouraged, being _____ in love, and attaining to all riches of the full assurance of understanding, to the knowledge of the mystery of God, both of the _____ and of _____.”

• **Ephesians 4:16** “From whom the whole body, _____ and _____ together by what every joint supplies, according to the effective working by which every part does its share, causes _____ of the body.”

Definition: “A good MINISTER of Jesus Christ” – “Minister” means servant. “Stewardship” means taking care of or managing someone else’s business or property. God has made Paul, Timothy, and ALL of us, ministers or servants of His precious gospel, and workers in His kingdom. The gospel and the kingdom do not belong to us, but come from God, and He expects us to TAKE CARE of His BUSINESS here on EARTH.

• **Ephesians 3:7** “Of which I became a _____ according to the _____ of the grace of God _____ to _____ by the effective working of _____ power.”

• **Colossians 1:25** “Of which I _____ a _____ according to the _____ from God which was _____ to me for _____, to fulfill the word of God.”

• **Romans 15:15-16** “Nevertheless, brethren, I have written more boldly to you on some points, as reminding you, because of the grace _____ to _____ by _____, That I might be a _____ of _____ to the Gentiles, _____ the _____ of _____, that the offering of the Gentiles might be acceptable, sanctified by the Holy Spirit.”

Definition: “REJECT profane and old wives’ FABLES” – A fable is a made up story, such as a FAIRY TALE. Paul was warning the Believers to stick to the Scriptures, God’s word, and not get carried away with someone’s opinion or made up story, or even TRADITIONS, if those traditions were not based on God’s word.

• **I Timothy 1:3-4** “As I urged you when I went into Macedonia – remain in Ephesus that you may charge some that they _____ no _____,

nor give heed to _____ and endless genealogies, which cause _____ rather than godly edification which is in faith.”

Definition: “TEACH NO OTHER doctrine, nor give heed to FABLES and endless GENEALOGIES” – Paul was concerned that Timothy only teach correct doctrine about Jesus Christ, and warned him NOT to ALLOW ANYONE to teach any corrupted or perverted forms of doctrine in his church. The warning against “FABLES and endless GENEALOGIES” refers to certain teachings in that day that were being added to biblical doctrine (teaching) about Jesus. Fables means stories that have no basis in truth, such as “fairly tales”, and genealogies means going back and researching someone’s family history. We know what Jesus’ family history and genealogy was, but Paul mentions ENDLESS genealogies, as if some people were getting stuck on this subject, and were not going on to maturity in Christ. **Paul also says that these things “cause disputes (arguments) rather than godly edification which is in faith”, which means they are worthless for spiritual growth.**

- **Matthew 15:3** “But He answered and said to them, ‘Why do you also transgress (disobey) the _____ of _____ because of your _____?’” (Verses 8-9) “These people draw near to Me with their _____, and honor Me with their _____, but their _____ is _____ from _____. And in vain they worship Me, teaching as doctrines the _____ of men.”
- **Matthew 28:19-20** “Go therefore and make _____ of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, _____ them to observe (OBEY) _____ things that I have commanded you.”
- **Ephesians 4:20-21** “But you have not so _____ Christ; if so be that you have heard Him, and have been _____ by Him, as the _____ is in Jesus.”

Definition: “BODILY EXERCISE profits a LITTLE, but GODLINESS is profitable for ALL things” – This is not saying that physical exercise is no good, but simply that it is NOT ENOUGH. A person who spends hours a day at the gym, or runs several miles a day may be in GOOD PHYSICAL SHAPE, but if they **NEGLECT or IGNORE the things of God**, those things will not help them when they stand before God at the judgment. We **MUST** spend time in God’s word, prayer, and trying **to be more like Christ in our daily lives (with the power of the Holy Spirit, of course, because we can’t do that on our own).** **GODLINESS means BEING LIKE God in our character qualities.**

- **II Peter 1:5-8** “But also for this very reason giving all _____, add to your _____ virtue (moral excellence); and to virtue knowledge; and to knowledge self-control; and to self-control perseverance (patience); and to perseverance _____; and to _____ brotherly _____; and to brotherly kindness _____. For if these are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

Definition: “VIRTUE; KNOWLEDGE; SELF-CONTROL; PERSEVERANCE; GODLINESS; BROTHERLY KINDNESS; and LOVE” – II Peter 1:8 says, “For if these are yours and abound, you will be **neither barren nor unfruitful** in the knowledge of our Lord Jesus Christ.” So, if you are NOT unfruitful, then you must be FRUITFUL, right? **These QUALITIES are just another way to say the “FRUIT of the Holy Spirit”** as listed in Galatians 5:22-23, and also are amazingly like the description of what love is in I Corinthians 13:1-8. The “Love Chapter” of the Bible, I Corinthians 13, tells us what love is, and also what it is not. A careful study of this description of love shows us that it **includes the fruit of the Spirit**, although some are described from the negative side: **love is NOT puffed up with pride** (fruit of goodness, also called meekness, or humility), **does NOT behave**

