### Principles of Effective Christians

1 Timothy 4

#### To Timothy as a Christian (not just a preacher)

A servant of Jesus Christ (v. 6)

A soul in need of salvation (v. 16)



## 1. Grounded in Sound Teaching

1 Timothy 4:1-5

### Sound Teaching

Resist error (v. 1-3a)

Where it comes from What it says

• Rooted in truth (v. 3b-5)

Violates creation design (Gen. 1:27-31)

"Believe and know the truth"

# 2. Develop Healthy Habits

1 Timothy 4:6-10

### Healthy Habits

- Spiritual diet (v. 6-7a)
  Nourishing food (Deut. 8:3)
  Junk food (2 Tim. 2:4)
- Spiritual exercise (v. 7b-10)

"Trustworthy statement" (cf. 1:15, 3:1, 2 Tim. 2:11-13, Tit. 3:4-8) Parallels: Function, activity, life (Heb. 5:14)

# 3. Practice and Progress in Faith

1 Timothy 4:11-16

#### Practice and Progress

• Be an example (v. 12)

#### Practice and Progress

speech

love

purity

Conduct

13, XI

• Be an example (v. 12)

see also 1 Tim. 1:5, 6:11 2 Tim. 2:22

#### Practice and Progress

- Be an example (v. 12)
- Center yourself on Scripture (v. 13, 2 Tim. 3:16-17)

• Use your gift (v. 14, 2 Tim. 1:6, 1 Pet. 4:10-11)

Persevere, don't cruise (v. 15-16)