

Preface

These notes are to serve as a blessing and help to those studying the word with Pastor Neil Spencer. Pastor Neil does not claim to fully agree with all the thoughts, beliefs, writings, or teachings of every named source/person in these notes. The Bible is the ultimate authority & ALL believers are to be Bereans (Acts 17.10-11).

INTRODUCTION:

1. We are **ENCOURAGED/EXHORTED** to **HOLD FAST** through the book of 1st Timothy
 1. **HOLD FAST**... as a phrase/term... **synonymous** — *to stay strong, to do what is right, to see it through, no surrender*... as a **verb** it means *to bear down, to stay the course; to continue to believe in or adhere to an idea or principle*
 2. **HOLD FAST** (nautical origins) for a sailor... not a SUGGESTION, but an ORDER to grip onto something **secure**; to avoid losing **stability** or being **swept** overboard.
2. As Paul writes to his protégé Timothy... there was a STORM
 1. Misinformation/misunderstanding of TRUTH was rampant (False Teaching)
 2. False teaching leads to **diffusion** of the truth, **distraction**, **deception**, & **division** w/in the church
 3. Now & then ... there's a **CONSTANT & CONSISTENT** need to **HOLD FAST**:
 1. To **Guard** — against False Teaching
 2. To **Grow** — in Truth, Love, Grace, Wisdom, Faith, Patience...
3. 1 Timothy has at least 3 interwoven themes from Paul to Timothy... **HOLD FAST** to **TRUTH** to **INTEGRITY** & to **LEADERSHIP** — we'll see all 3 in the text today!
4. I'd like to take a little over 2 minutes... ask you to stand & read 1 Timothy 4
5. Let's pray!

TEACHING: 1 Timothy 4.7-12

1. Paul provides a clear roadmap of how to **HOLD FAST** through **Challenges**, amidst **Distractions**, even in **Opportunities**; while staying anchored in **TRUTH** & in **INTEGRITY**
2. This morning, we'll look at v7-12 of HOW to **HOLD FAST** through the lens of **NOT's & NEEDFUL's**:
 1. There's at least **2 Not's**
 1. Don't **WASTE** time... (v7)
 2. Don't let anyone **THINK** less of you... (v12)
 2. There are at least **3 Needful's**
 1. **TRAIN** yourself... (v7)
 2. **TEACH + INSIST**... (v11)
 3. Be an **EXAMPLE** (v12)
3. Let's jump in!

⁷ Do not waste time arguing over godless ideas and old wives' tales...

1. How do we **HOLD FAST**? — it has to do with saying **NO** — Don't **WASTE** time...
2. Paul warns Timothy not to get caught up in meaningless debates or superstitions that drain energy & focus. Instead of building, distractions can derail us from what truly matters.
 1. Godless Ideas: Philosophies/cultural distractions ≠ w/ Biblical truth.
 2. Old Wives' Tales: Superficial/trivial beliefs ≠ grounding in Scripture.

3. Application:

1. Evaluate how you spend your time.
2. What activities/distractions are preventing you from growing in godliness?
3. Choose to focus on what edifies your faith & brings you closer to Christ.

⁷ Instead, train yourself to be godly.

1. Paul says, Timothy, here's the **NEEDFUL** — TRAIN YOURSELF.

1. This is something you've gotta do...
 1. Godliness... Spiritual growth... doesn't just happen.
 2. Godliness doesn't happen passively
2. It requires daily discipline & commitment.

2. Paul drives this point home through v8-10... *⁸“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” ⁹ This is a trustworthy saying, and everyone should accept it. ¹⁰ This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.*

1. Physical training/Nutrition = GOOD ... benefits // no need to belabor
2. Godliness is MUCH better
 1. Everyone should accept this!
 2. This is why we do what we do — our HOPE is in God

3. He is the way! J.Vernon McGee — *He is the Savior of all men, but you can turn Him down if you want to. Let me illustrate this for you. They say that a plane leaves the Los Angeles International Airport every minute, and I could get on any one of them (if I had the courage!). All I need to do is get a ticket and get on the plane. It's a plane for everybody, you see, but not everybody will take it. Christ is the Savior of all men, but only those who believe will be saved (see John 3:16; 1 John 2:2).*¹

3. How to Train:

1. As a Community — Family Faith at Coastline (**PP**) Magazine + (**PP**) Process
2. As an Individual // Family // Business — (**PP**) Qualities of a Servant Leader

4. Application:

1. Commit to training, such as Bible reading or prayer (**PP**) D.I.T.W.
2. Don't do it alone... NO ONE gets healthy ALONE....

¹¹ Teach these things and insist that everyone learn them.

1. Paul urges Timothy to take his role as a teacher seriously, emphasizing the importance of sound doctrine & consistent encouragement.

1. **Teach w/ Clarity:** Share God's truth boldly & faithfully.
2. **Insist w/ Love:** Encourage others to grow in their understanding of the gospel, always pointing them back to Christ.

2. Application:

1. This isn't siloed to Timothy in the 1st century... this is a call to/for all of us.

¹ McGee, J. V. (1991). *Thru the Bible commentary: The Epistles (1 and 2 Timothy/Titus/Philemon)* (electronic ed., Vol. 50, p. 66). Nashville: Thomas Nelson.

2. Look for opportunities to share God's truth with those around you—family, friends, or coworkers.
 3. Encourage someone in their faith this week by speaking life & truth into their situation.
3. Well... we've looked at 1 **NOT** & 2 **NEEDFUL**'s... here's our 2nd negative today:

¹² Don't let anyone think less of you because you are young.

1. Paul encourages Timothy to stand firm in his calling, regardless of how others might view him. This applies to anyone facing doubt or criticism about their age, experience, or abilities.
 1. Your Value Comes from God — not in proving yourself to others
 1. Don't let fear of others' opinions hold you back.
 2. Trust in God's purpose for your life.
 2. Be confident in Christ's work in you & let your actions speak
2. How do you Overcome Doubts? — Here's our final **NEEDFUL** for the morning...

¹² Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.

1. This passage is tremendously potent & actionable... much could be said here...
2. But... let me share with you what W.W.W. had to say about it:
 1. *Exercising ourselves in godly living is not only profitable for us; it is also profitable for others (1 Tim. 4:11–12). It enables us to be good examples, so that we encourage others.*
 2. Paul named several areas of life in which you and I should be examples.
 1. ***"In word"*** (1 Tim. 4:12) implies that our speech should always be honest & loving, "speaking the truth in love" (Eph. 4:15).
 2. ***"In conduct"*** (the kjv's "conversation" means "walk," not "talk") suggests that our lives are to be controlled by the Word of God. We must not be like the hypocrites Paul described to Titus (Titus 1:16): "They profess that they know God; but in works they deny Him."
 3. ***"In love"*** (charity) points to the motivation of our lives. We do not obey God to be applauded by men (Matt. 6:1ff), but because we love God and love God's people.
 4. (***"In spirit"*** is not in many manuscripts, but it would describe the inner enthusiasm and excitement of a child of God.)
 5. ***"In faith"*** implies that we trust God & are faithful to Him. Faith & love often go together (1 Tim. 1:14; 2:15; 6:11; 2 Tim. 1:13; 2:22). Faith always leads to faithfulness.
 6. ***"In purity"*** is important as we live in this present evil world. Ephesus was a center for sexual impurity, & the young man Timothy was faced with temptations. He must have a chaste relationship to the women in the church (1 Tim. 5:2) & keep himself pure in mind, heart, & body.²
3. Paul is saying to Timothy... this is the way... this is how you HOLD FAST...

² Wiersbe, W. W. (1996). *The Bible exposition commentary* (Vol. 2, p. 226). Wheaton, IL: Victor Books.

CONCLUSION:

1. Paul's charge to Timothy is a clear roadmap for Holding Fast in our Faith
2. The **NOT's**
 1. Don't **WASTE** time... (v7)
 2. Don't let other's opinions diminish your confidence in God's calling... (v12)
3. The **NEEDFUL's**
 1. **TRAIN** yourself in Godliness // prioritize spiritual disciplines ... (v7)
 2. **TEACH + INSIST**... encourage OTHERS to grow in their faith (v11)
 3. Be an **EXAMPLE** — live a life that reflects Jesus in every area (v12)
4. Challenge for the Week:
 1. Identify one **NOT** to avoid
 2. Identify one **NEEDFUL** to embrace this week.
 3. Write it down and take an intentional step to live it out.
5. My encouragement this week...
 1. Spend intentional time in Scripture & prayer each day. **(PP) D.I.T.W.**
 2. Get in rhythm with your spiritual community
 1. Family Faith at Coastline **(PP)** Magazine + **(PP)** Process
 2. Individual/Family/Business — **(PP)** Qualities of a Servant Leader
 3. Closing Illustration:
 1. A lighthouse stands strong in the fiercest storms, guiding ships to safety. When we hold fast to Christ, we become lighthouses, pointing others to the hope & truth found in Him.
 2. 1 Corinthians 15.58 — "*So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.*"
6. May the Lord, help us to **HOLD FAST** to Him & His Word, strengthen our faith, equip us to stand firm in truth, & lead us to pursue godliness for His glory. Amen.