

Trustworthy Sayings

1 Timothy 4:7-10

Small Group Study, week commencing 3rd November 2021.

For Starters

What sources of news or information do you trust? Why?

Introduction

The phrase “This is (or “Here is”) a trustworthy saying” appears five times in the New Testament, and only in Timothy and Titus. It is thought to reflect a saying that was acknowledged as reliable amongst the New Testament churches at a time when there was no formal statement of New Testament belief. The five statements occur in 1 Timothy 1:15, 1 Timothy 3:1, 1 Timothy 4:9, 2 Timothy 2:11, Titus 3:8.

There is some debate about whether the trustworthy saying in 1 Timothy 4:9, the subject of this study, relates back to verse 8 or forward to verse 10. This study will be assuming the former. For a discussion of the alternative, consult a commentary.

Read

1 Timothy 4:1-10.

Study

1. In verses 1-7, Paul warns Timothy about the danger of “deceit” and “myths” which contrast with the “truths of faith”. What are the most dangerous sources of “deceit” and “myths” in our own culture?
2. Where do you go to “fact check” what you hear and read?
3. Paul contrasts the old wives’ tales that are circulating with a trustworthy saying: “physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come” (verse 9). How do you interpret the statement about physical training being of some value? Is it relevant to you? If so, how do you put it into practice?
4. How does godliness “hold promise” for this life? What is your experience of this?
5. In what way does godliness “hold promise” for the life to come? Does this contradict in any way the truth that we are justified by faith (Romans 5:1)?
6. How did Paul work out the implications of the truth that “godliness has value for all things” (read on to verse 10)?
7. Paul urges Timothy, “Train yourself to be godly.” How, in practice, do we do this?

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A challenge!

One way of training ourselves for godliness is to get God's Word rooted in our minds and hearts. Why not commit to learning the trustworthy sayings over the next few weeks?

Prayer

Turn some of the thoughts from tonight's study into prayer for each other.

Resources

All small group studies can be located in chichesterbaptist.org/smallgroupresources.