

LESSON 5

THE POWER OF A GOOD EXAMPLE

1 TIMOTHY 4:1–16



1 Describe a person who has had a powerful influence on your life. Why did his or her example speak louder than words?

2 When did your life have a strong impact on someone else, positively or negatively?



Read 1 Timothy 4:1–16 and the following notes:

☐ 4:7–10 ☐ 4:12 ☐ 4:14, 15 ☐ 4:16

3 What is spiritual fitness?

4 How does a person train to be spiritually fit?

5 What is the benefit of watching yourself closely and setting a good example (4:16)?

Paul told Timothy to train himself to be spiritually fit (4:7), to be an example for the believers (4:12), and to watch his life and teaching closely (4:16). He was to be a living example of what he was teaching. Living God's way still provides a powerful example today, and our influence is multiplied when what we do is reinforced by what we say. In church, our words will not be neutralized by our actions. Outside the church, no one will be able to criticize us. How we live speaks louder than what we say. What kind of example will you set?



6 How do we keep a close watch on our conduct without becoming self-conscious in all we do?

7 In what situations do you feel put down because of your age, education, or position?



8 What are some specific ways to set good examples for other believers . . . in what you teach? _____

in the way you live? _____

in your love? _____

in your faith? _____

in your purity? _____

9 How would you rate yourself as an example in each of the areas that Paul indicated to Timothy?

<i>Life area</i>	<i>Good</i>	<i>Needs improvement</i>			<i>Poor</i>
Teaching	5	4	3	2	1
Life	5	4	3	2	1
Love	5	4	3	2	1
Faith	5	4	3	2	1
Purity	5	4	3	2	1

10 Which of the above areas is most important for you to begin taking action in right now?

11 As you watch your life and teaching more closely, what might interfere with making the necessary changes?

12 Select one area of your life to improve. How can you be diligent and persevere in this area? What will it mean to submit yourself to training for spiritual fitness in this area?



A How do lying spirits cause people to turn away from their faith today?

B How does a conscience become dead? What hope is there for someone who has not kept a good conscience?

C How can we tell when it is best to keep our thoughts to ourselves and when we should confront others (4:6)?

D Why are people often more concerned about physical fitness than about spiritual fitness?

E What are some of the alternatives to placing our hope in God?

F What should be the role of reading Scripture in the church today? How could it be more effective?

G What should be the primary duties of a pastor? How does your church help your pastor to meet these duties?

H How are you gifted? What gift are you in danger of neglecting?

I What is the significance of others seeing our faith-progress? How does this compare with not flaunting our good works?

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