

## “Train (Discipline) Yourself Toward Godliness”

In Reformed theology, the concept of "training yourself toward godliness" from 1 Timothy 4:7 is understood as an intentional, disciplined effort to grow in holiness, driven by the grace of God. The verse reads:

*"But have nothing to do with irreverent, silly myths. Rather, train yourself for godliness." (1 Timothy 4:7, ESV)*

This directive emphasizes the importance of pursuing spiritual maturity through personal effort, but it is not to be understood as a means of earning God's favor. Instead, it reflects a response to God's grace, relying on the Holy Spirit's empowerment while actively seeking godliness.

### Reformed Understanding

- 1. Training, not Earning:** Reformed theology maintains that salvation is by grace alone, through faith alone (Ephesians 2:8-9). The call to "train yourself for godliness" is not about self-salvation or self-justification but about the Christian growing in the likeness of Christ. This growth, or sanctification, is a cooperative process where believers actively engage in spiritual disciplines (such as prayer, Bible study, worship, fellowship, and service), but these efforts are made possible by the Holy Spirit and God's grace.
  - *Philippians 2:12-13:* “Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.” This shows the cooperative nature of sanctification—believers are responsible to "work out" their salvation, but it is God who gives the will and the ability to do so.

- 2. Godliness Defined:** "Godliness" in this context refers to a life that reflects devotion to God, characterized by piety, righteousness, and reverence for God. It involves aligning one's life with God's will and reflecting His character in all areas of life.
  - *1 Timothy 6:6:* "But godliness with contentment is great gain."
  - *Titus 2:11-12:* "For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age."
- 3.** These passages demonstrate that godliness is not a mere external act but an internal transformation that shapes one's thoughts, actions, and relationships, which is why it requires "training."
- 4. Discipline and Effort:** Training in godliness involves deliberate effort, as a person who wants to develop any skill or characteristic must engage in consistent practice. Paul uses the analogy of physical training in the next verse (1 Timothy 4:8), where he contrasts the benefits of bodily exercise with the far greater value of spiritual discipline.
  - *1 Timothy 4:8:* "For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."

(Cont. on page 3)

# HOPE Calendar

**Wednesday, January 8**  
 Wednesday Night Supper @ 6pm  
 Study & Prayer @ 7:00 p.m.

**Thursday, January 9**  
 Worship Team Rehearsal @ 7:00 p.m.

**Sunday, January 12**  
 Worship Team Run Through  
 @ 8:00 a.m.  
**Worship @ 9:30 a.m.**

**Wednesday, January 15, 2025**  
 Wednesday Night Supper @ 6pm  
 Study & Prayer @ 7:00 p.m.

**Thursday, January 16, 2025**  
 Worship Team Rehearsal @ 7:00 p.m.

**Helping Hands for  
 JANUARY 12, 2024**

**ProPresenter  
 Elizabeth Floyd  
Soundboard**

**Jane Davis  
Live Streaming**

**Al Floyd  
Communion**

**Lynn Joyner  
Greeter  
 Diane Mack**

**Scripture Text and Sermon  
 This Coming Sunday**

**Spiritual Disciplines for the  
 Christian Life#2:  
 "Bible Intake (part 1)"  
 Luke 11:28, 2 Timothy 3:16,  
 John 17:17, Acts 17:11**

**Prophecies O.T.  
 Revealed.... N.T.**

Jan	5	Luke 3:33
Jan	6	Gen 49:10
Jan	7	John 17:3
Jan	8	Gen 49:10
Jan	9	John 11:47-52
Jan	10	Gen 49:10

## GROW

**Women of HOPE  
 Saturdays at 10a.m. at HOPE**

**1/11/25 - 10AM**

**"Bring pics of your younger self...  
 what would you tell her today..."**

**Wednesday Night  
 Supper, Study, and Prayer  
 Supper @ 6:00 p.m.**

**Please let me know you are  
 coming**

Bible Study @ 7:00 p.m.  
 Prayer Time @ 7:45 p.m.

**"Food of the Month"  
 for the Raleigh Dream Center  
 Food Pantry  
 Canned Meats and Meals  
 We have a collection bin in the foyer**

**HOPE Meal Ministry  
 Take a meal from the freezer if  
 needed for you or someone else.**

## **SERVE**

**TLC Devotion  
 4th Wednesday each month  
 @ 11:00 a.m.  
 5124 Departure Dr # 101, Raleigh**

## **HOPE CHURCH RALEIGH**

**17TH ANNIVERSARY  
 CELEBRATION**

**!! THIS SUNDAY !!  
 JANUARY 12, 2025  
 COVERED DISH FELLOWSHIP**

### Prayer Requests:

Joan Rollinson, Ron Clifton, Will Floyd's Fiancé's Mother: Jennifer, Jerry & Alice Kinard, Gene & Becky Hale, Dianne Reinoso, Janice Worthington, Cindy (Elizabeth), Dennis Grady, Nancy Hutchens (Positive Cancer), Barbara(81) Stroke, Joey(18) Crohn's, Ebo (Glioblastoma #3/4)-family has 4 children, Hurricane Relief Efforts, Youth Ministry, Kathy Jo and her family, Donna Williams & Family, Peggy Karpenske, Claudia in Idaho (Kathy H), Patty Moyer's son Brandon, Dave & Dot Geil, Steve Duckett, Corbin Broome, The Mallory family, Carol & Colin (Kathy H), Loretta (Sandi U), Joan Summers, Shelley Riggelman (Bruce), Jordan (Lynn J.), Ellie Tappan, Carlyle and Cynthia Franklin, our Military, Police, Fire, and EMS, Missionaries, our Nation, and the World.

## **UPCOMING WOMEN OF HOPE GATHERING AT THE CHURCH**

**1/25/25 - 10AM**

**"Responding to Anger -  
 Learning to Answer Gently"**

**Please remember that your  
Stewardship Commitment Cards for  
 2025 are due**

**AS SOON AS POSSIBLE.**

**Please prayerfully consider your  
 financial and time  
 support for  
 Hope Church Raleigh.**

**God's work is not for a few, but for all  
 who would follow Jesus.**

**HOPE Church Raleigh  
 An Evangelical Presbyterian Church  
 4911 Green Rd  
 Raleigh, NC 27616  
 919-508-6827  
 Worship Time: 9:30 AM**

**www.HopeChurchRaleigh.org  
 www.facebook.com/HOPEChurchRaleigh  
 Twitter: @HopeChRaleigh  
 YouTube.com (type "HOPE Church Raleigh"  
 in the search box)**

5. The Reformed tradition would emphasize that this "training" is not self-reliant but is done with the help of the Holy Spirit, who enables believers to grow in grace. The process includes the mortification of sin (the killing of sinful desires) and the vivification (the enlivening) of righteousness.
  - *Romans 8:13*: "For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live."
  - *Colossians 3:9-10*: "Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator."
6. **The Role of the Word and Prayer:** In Reformed theology, training oneself toward godliness is closely connected to immersing oneself in the Word of God and in prayer, as both are the primary means of sanctification. Godliness grows through engagement with the Scriptures, which reveal God's will, and through prayer, which fosters a relationship with Him.
  - *2 Timothy 3:16-17*: "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work."
  - *Colossians 3:16*: "Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."
7. **Perseverance in the Christian Life:** Reformed theology also emphasizes perseverance in the Christian life. The training in godliness is not a one-time act but a lifelong journey that requires endurance, relying on God's ongoing grace. This is consistent with the biblical teaching on perseverance, where the believer is encouraged to "press on" toward the goal of godliness.
  - *Hebrews 12:1-2*: "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith."
  - *1 Corinthians 9:24-27*: Paul talks about running the race with discipline, showing that the pursuit of godliness requires focused effort, much like an athlete training for a race.

## Conclusion

In Reformed theology, the command in 1 Timothy 4:7 to "train yourself for godliness" is understood as an active, ongoing process of sanctification in the life of the believer. This process involves the disciplined use of spiritual means (such as prayer, Bible study, and service), all of which are empowered by God's grace. It is the work of the Holy Spirit, but it requires intentional effort on the part of the believer to pursue spiritual growth and reflect God's holiness in daily life. It is a process that begins with the work of Christ in the believer's heart and continues until the believer's final glorification.