

Train Yourself for Godliness – Prioritizing Spiritual Growth



In a world that prizes productivity and performance, how do we make space to grow in what truly matters? Discover how prioritizing spiritual growth fuels godly leadership and lasting impact in today's teaching, *Train Yourself for Godliness – Prioritizing Spiritual Growth*.

Introduction

In the last message, we explored what it means to lead with integrity—how consistent character, sound doctrine, and personal devotion form the backbone of trustworthy leadership. But where does that kind of integrity come from? How do we develop godliness in a culture addicted to distraction and shortcuts?

Paul's encouragement to Timothy in 1 Timothy 4:6–10 gives us the answer: *train yourself for godliness*. Just like physical fitness, spiritual maturity does not happen by accident. It requires intentionality, consistency, and discipline.

If we desire to live out faith with purpose, we must prioritize spiritual growth. Paul's words remind us that godliness does not only benefit us now, it also prepares us for eternity. Whether you are new in your faith or have been walking with Christ for years, the call remains the same: grow in godliness, and do it with focus and urgency. This is where *living out faith* becomes a daily choice—a commitment to grow, stretch, and become more like Jesus.

Recognize the Value of Godly Training

Paul understood the importance and value of training. He gave Timothy some great instructions in 1 Timothy 4:7-8, which says:

1 Timothy 4:7-8

(7) Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. (8) For 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.

Paul draws a sharp contrast between distractions and devotion. He warns Timothy not to waste time or energy on foolish, empty debates that bear no fruit. Instead, he urges him to train like an athlete, aiming toward a goal far more significant than temporary accolades—eternal impact. In our culture of quick fixes and endless entertainment, spiritual growth often takes a back seat. But Paul reminds us that godliness is worth the effort.

Godly training is a lifelong pursuit. Spiritual growth is not about checking off religious boxes, but rather forming the heart and mind of Christ within us. Paul affirms that while physical fitness has its benefits,



the pursuit of godliness carries value for every dimension of life, both now and forever. This is not a casual suggestion; it is a call to serious commitment.

To recognize the value of godly training means:

- Viewing spiritual disciplines not as burdens but as gifts that deepen our relationship with Jesus draws us closer to him.
- Evaluate how we spend our time—whether our schedule reflects a hunger for righteousness or a drift toward complacency.
- Commit to long-term transformation rather than short-term inspiration.

When we recognize the lasting value of godliness, we stop settling for the temporary and start pressing into the eternal.

Recognizing the value of godliness shapes our motivations. It is easy to chase after success, comfort, or approval. But godliness realigns our hearts to pursue what lasts. When we value godliness, we begin to approach our decisions, relationships, and responsibilities differently. Our character deepens, our influence widens, and our peace grows as we become more like Christ.

Answer these questions in your journal: What are the “myths and distractions” in your life that keep you from growing spiritually? What spiritual habits do you need to prioritize this week?

After writing them down, ask the Lord to help you move on from the distractions and prioritize good spiritual habits.

Build Daily Rhythms of Spiritual Discipline

Paul shares the benefits of building daily rhythms of spiritual discipline in 1 Timothy 4:6 which says:

1 Timothy 4:6

(6) If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed.

Paul affirms the importance of being nourished by sound doctrine and good teaching. This nourishment does not come from occasional spiritual consumption, but from consistent, daily intake. Just as the body weakens without proper nutrition, so does the spirit when it is deprived of truth.

To build a life rooted in godliness, we must establish spiritual disciplines that are woven into the rhythm of our days. These are not rituals for the sake of routine, but habits that shape our desires and renew our minds. They include:

- Reading Scripture daily—not just for knowledge, but for transformation.
- Praying persistently—cultivating communion with God through both speaking and listening.
- Fasting regularly—reorienting our dependence from the world to the Lord.
- Journaling our faith journey—making space for reflection and clarity.



These rhythms are the scaffolding of *living out faith*. They don't earn us salvation, but they help us walk in step with the Spirit.

Spiritual discipline is not merely about doing the right things but being formed into the right kind of person, a disciple who resembles Christ. Just like a musician practices scales or an athlete drills fundamentals, the follower of Jesus builds strength, discernment, and endurance through consistent spiritual habits.

These practices prepare us not only to lead others but to withstand spiritual opposition and personal temptation. They train us to discern truth, resist lies, and remain anchored in our identity in Christ. Spiritual disciplines are not one-size-fits-all. What matters is consistency, not perfection. Find rhythms that work for your season of life.

Don't be overwhelmed, start small. Even one intentional habit can create momentum for deeper spiritual growth. Ask yourself these questions and write your answers in your journal: What is one spiritual discipline (Bible reading, prayer, journaling, fasting, solitude) you can develop or recommit to this month? Ask the Lord to help you be disciplined in the areas you have identified.

Let Eternal Purpose Fuel Present Effort

Paul's instructions to Timothy fuel his present effort for an eternal purpose. Let's read 1 Timothy 4:9-10.

1 Timothy 4:9-10

(9) This is a trustworthy saying that deserves full acceptance. (10) That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

Paul grounds Timothy's motivation for training in eternal hope. We do not labor for applause or approval, but because we have placed our hope in the living God. This hope is not passive; it inspires and empowers us to persevere.

Spiritual growth is not easy. There will be days of discouragement, dryness, and distraction. But Paul reminds us that our Savior is alive, present, and working. Our pursuit of godliness is not in vain. Every prayer whispered, every temptation resisted, every Scripture meditated upon matters.

Letting eternal purpose fuel present effort means understanding that everything we do today has eternal significance when done in faith. We endure trials, push through spiritual fatigue, and press on in obedience not because it feels good, but because our hope is rooted in the eternal promises of God. Our labor becomes worship, our striving becomes sacred, when anchored in hope.

To let eternal purpose fuel present effort is to:

- Live each day with the end in mind—seeking what lasts over what fades.
- Anchor our striving not in self-effort, but in the strength that God supplies.
- View spiritual disciplines not as tasks to complete, but as means of deepening intimacy with our Savior.



When eternity shapes our today, we live with courage, clarity, and conviction.

Ask yourself: How does your hope in Jesus motivate you to keep growing, even when it is hard? What eternal truth do you need to cling to right now? Write your answers to these questions in your journal and ask the Lord to continue to work in and through you as you continue to grow in Jesus.

That is what living out faith looks like. It is driven by eternal hope and grounded in everyday faithfulness.

Conclusion

Living out faith and growing spiritually do not happen by accident. It takes training. It takes time. It takes focus. But the reward is godliness; a life that reflects Jesus and impacts others both now and forever.

Remember:

- Recognize the value of godly training.
- Build daily rhythms of spiritual discipline.
- Let eternal purpose fuel your present effort.

Paul's charge to Timothy echoes across generations, it is God's invitation to you today: *Train yourself for godliness*. When we train ourselves for godliness, we become leaders worth following; anchored in truth, shaped by grace, and empowered by eternal purpose.

Next time, we will continue our journey by looking at how to *Stand Strong in Trials – Enduring Hardship for Christ*. Following Jesus does not exempt us from suffering, but it gives us strength and purpose through it. Do not miss it.

