



Nourishing the Community
1 Timothy 4:1 -16

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*“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. (1 Timothy 4:6)*

1. What does it mean to be nourished?

2. What are some signs of being malnourished spiritually?

The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. (v. 1)

- We have abandoned our faith.
- We follow someone or something other than Christ.
- Our gratitude to God is waning because we fail to make the spiritual disciplines central to our lives in Christ.

We exist to reach, NOURISH, and serve the community so all may experience healing and new life through Jesus Christ.

Consider: How are you training yourself to be godly? What does your spiritual diet consist of on a regular basis? Check the appropriate response for each of the following questions...

a. I engage the Word of God during a personal devotional time.

- NEVER
- OCCASIONALLY
- REGULARLY
- DAILY

MY GOAL: _____

b. I am an active participant in a small group or Sunday school class that is studying the Word of God together.

- YES
- NO
- OCCASIONALLY
- INTERMITTENTLY (short-term or “pop up” study group or class)

MY GOAL: _____

c. I attend worship, where the Word of God is publicly read and expounded on.

- PERIODICALLY (a few times per year)
- OCCASIONALLY (1 week per month)
- REGULARLY (2– 3 weeks per month)
- WEEKLY

MY GOAL: _____

THE MAIN POINT:

Two aspects of spiritual growth are intentionality and accountability. This year, commit to doing both!



Doggy Bag: *Something to Chew On and Ponder Throughout the Week*

1. The concept of training is mentioned multiple times in today’s verses. What does it mean to be “nourished on the truths of the faith” (v. 6)? What does it mean to “train spiritually” (v.7 – 8)?
2. According to our verses, why should you “train spiritually”? (Note: Paul mentions multiple reasons for such training.)
3. As we begin a new year, make a list of things you currently do to ensure you are nourished and trained spiritually.
4. What 1 thing could you add, do differently, or stop doing to enhance your “diet” spiritually? Where do you feel malnourished in your faith? Take a moment to write a prayer below asking God to provide what you most need to grow healthy and strong in your faith...

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. 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. (v. 8 – 10)