



## “Successful Self-Discipline”

An Exposition of 1<sup>st</sup> Timothy  
1 Timothy 4:6-10 – Message 13

**Central Truth:** As Paul encourages Timothy to discipline himself for the task of shepherding the church, he also shows us what we should look for to be successful with our own self-discipline.

- I. A disciplined Christian seeks to guide others (4:6a).
- II. A disciplined Christian is reared on God’s word (4:6b).
- III. A disciplined Christian is reared on useful doctrine (4:6c).
- IV. A disciplined Christian rejects worthless myths (4:7a).
- V. A disciplined Christian exercises godliness (4:7b-8).
- VI. A disciplined Christian is the result of hard work (4:9-10a).
- VII. A disciplined Christian has an assured faith in Jesus Christ (4:10b).

### Scripture of the Week

“Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.”

**1 Corinthians 9:24-27**