

## The Disciplines - Introduction

### 1 Timothy 4:1-11

1. But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons,
2. by means of the hypocrisy of liars seared in their own conscience as with a branding iron,
3. *men* who forbid marriage *and advocate* abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth.
4. For everything created by God is good, and nothing is to be rejected if it is received with gratitude;
5. for it is sanctified by means of the word of God and prayer.
6. In pointing out these things to the brethren, you will be a good servant of Christ Jesus, *constantly* nourished on the words of the faith and of the sound doctrine which you have been following.
7. But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness;
8. for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come.
9. It is a trustworthy statement deserving full acceptance.
10. For it is for this we labor and strive, because we have fixed our hope on the living God, who is the Savior of all men, especially of believers.
11. Prescribe and teach these things.

### Hebrews 5:14

But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

### Hebrews 12:11

All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

### 2 Peter 2:14

... having eyes full of adultery that never cease from sin, enticing unstable souls, having a heart trained in greed, accursed children;

### Hebrews 12:1-2

1. Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,
2. fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

### 2 Peter 1:2-3

2. Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord;
3. seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.