I. Introduction.

A. Text: 1 Timothy 4:7-8.

B. The Greek word for “train” in this passage comes from Greek athletic culture and implies intensity, commitment, and dedication.

C. Godliness, unlike Olympic medals, has value both in this life and in the life to come. We can all “win” in godliness.

II. Godliness is devotion to God that results in a lifestyle that is pleasing to God.

A. The godly person has emptied himself of his own will and the world’s will and considers God in everything that he does. God is the center and the focal point of the godly person’s life.

1. Godly character is impossible without devotion to God and a relationship with Him.

B. There are three essential elements to devotion to God.

1. The fear of God means to be awestruck by His holiness and majesty and deals with our attitude toward God.

   a) Holiness means that He is set apart and pure. (Revelation 1)

   b) The scripture commends those who fear the Lord over and over. (Psalm 103:11, 13, 17)

2. Only those who fear God can have a true understanding of God’s love for us, which is essential to devotion.

   a) Jesus, infinite though He was, loved us enough sacrifice Himself for us. (Isaiah 40:23)

   b) Understanding who God is and what He has done will result naturally in devotion to Him.

3. Having the fear of God born from knowing who He is combined with a realization of God’s love for us will result in a desire to know Him personally. (Philippians 3:10; Psalm 42)

C. Devotion to God is only that will enable to you to live a godly life.

III. Devotion to God is the only acceptable motive for actions that are pleasing to God.

A. Doing a good thing with the wrong motives will not please God.

B. Devotion is the only acceptable motive for God.
IV. The power for a godly life comes from the risen Christ.

A. We set aside our own merit, wisdom and strength for daily life and recognize our dependence on Christ for all of these. (John 15:5; Philippians 4:13)

V. Though the power comes from God, the responsibility for displaying godly characters is ours.

A. We are both totally responsible and totally dependent on Christ for godliness. (Philippians 2:12-13)

B. God is faithful and as you recognize your dependence, he will give you the power and the desire for godliness. (Philippians 4:12ff)

VI. The development of Christ-like character involves both the putting off of sinful habits and the putting on of Christ-like habits. (Ephesians 4:22-24; Colossians 3:12-14)

VII. As we seek to put on Christ-like traits, we are to pursue all of them equally, not just those that are a natural part of our temperament. (Galatians 5:22-23)

VIII. Growth in Christian character is a never-ending, life long process. (1 Thessalonians 4:9-10)

Application questions:

1. What does Jerry mean when he says that we are both 100% dependent on God and yet 100% responsible ourselves for growth in godliness?

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2. For you personally, is it easier to put off sinful habits or to put on godly habits? Why?

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3. How does understanding who God is and His love for you create a deeper desire to know Him?

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