

1 TIMOTHY

CHAPTER 4:7-12

When I was at school I used to hate running, after an attempt at 1500m I clearly remember wheezing along to the finish line and collapsing in my friends arms. I had no stamina and I disliked walking let alone running. 15 year old me wouldn't believe that this weekend I took part in a virtual relay easily running 5km in my fastest ever time. But it wasn't easy for me to get there, I didn't wake up one day and suddenly like running, it was a gradual realisation that I needed to look after my body and I slowly started to enjoy it.

In the verses we are looking at this week Paul writes to Timothy about Godly training. He says that it is more valuable than physical training as the rewards will come in this life and the life to come. You may find it difficult to read the bible, to pray or to trust in God. We may find it hard at first but as we slowly train in God's ways we get spiritually fitter. We can stand up for what we believe more, we can show Gods love to those who it is difficult to love, and we can rely on God for more and more. Just as its important to keep our bodies fit by exercising regularly its important to exercise our spiritual muscles regularly too.

SONGS

[All day](#)

Hillsong United

[10000 Reasons](#)

Matt Redman

CHALLENGE

What can you do this week to help strengthen your faith? Could you commit to reading a book of the bible, praying for 5 minutes at the beginning of the day? Remember you don't have to start with a marathon, it's ok to start small.

The passage we read features a verse that is often used when talking about young people. Don't let anyone look down on you because you are young. Paul is telling timothy this because he knows that timothy has done the training, he is spiritually strong. Even though he is younger than some of the people who he is leading, Paul is reminding him that he is strong in Gods ways.