

October 12, 2025
Sermon Notes: No Train, No Gain

1. Introduction

- a. Warm greeting and gratitude to Tab Church family.
- b. Mention of recent family experiences (Ezra's dedication and birthday).
- c. Acknowledgment of Pastor Craig's faithful teaching through 1 Timothy.
- d. Theme introduction: "No Train, No Gain."
 - i. Just as physical training leads to physical gain, spiritual training leads to godliness.
 - ii. Godliness with contentment is great gain (1 Tim. 6).

2. Passage Reading

- a. 1 Timothy 3:14–4:10 (ESV)
- b. Context: Paul's instruction to Timothy on conduct within God's household and warning about false teaching.

3. Main Points (Five Two-Word Principles)

- a. Stand Truthfully (3:14–16)
 - i. Behavior reflects belonging -how to act in God's household.
 - ii. The Church is the pillar and buttress of truth -called to define and defend truth.
 - iii. Truth is not relative or individual; it is found in Jesus, "the Truth" (John 14:6).
 - iv. The Gospel is a mystery worth marveling at -Christ's incarnation, resurrection, and glory.
 - v. Application: Never lose awe of the Gospel; live in a way that honors Christ's name.
- b. Test Biblically (4:1–2)
 - i. The Spirit warns that some will depart from the faith through deceitful spirits and teachings of demons.
 - ii. False teaching often comes subtly, through seemingly sincere people with seared consciences.
 - iii. Believers must test every teaching using Scripture as the answer key.
 - iv. Take thoughts captive (2 Cor. 10:5) and compare all ideas with God's Word.
 - v. Example: Bereans tested Paul's words daily (Acts 17:11).

c. Taste Thankfully (4:3–5)

- i. False teachers forbade marriage and certain foods – rooted in Gnostic thinking that matter is evil.
- ii. Paul reminds us: Everything God created is good.
- iii. The key: receive creation with thanksgiving.
- iv. Gratitude transforms ordinary things into holy experiences –made holy by the Word of God and prayer.
- v. Application: Cultivate daily thankfulness; it's the antidote to greed, pride, and spiritual numbness.

d. Train Intentionally (4:6–8)

- i. Spiritual growth requires both diet (Word of God) and exercise (obedience and practice).
- ii. Being “trained in the words of faith” means being continually nourished by Scripture.
- iii. “Train” = *gumnazo* – discipline, effort, practice (like a gym workout).
- iv. Training for godliness is hard work but has eternal value, unlike mere physical exercise.
- v. Application: Train through spiritual disciplines –Scripture, prayer, fasting, service, generosity, and community.

e. Hope Fully (4:9–10)

- i. Godliness training is rooted in hope in the living God.
- ii. “We toil and strive because we have our hope set on the living God.”
- iii. Hope motivates perseverance – believers endure because they trust the ultimate reward.
- iv. God is the Savior of all, especially of those who believe.
- v. Application: Set your heart fully on Christ; train for what truly lasts.

f. Conclusion

- i. Spiritual growth requires intentionality and perseverance.
- ii. Summary of the five points:
 - 1. Stand truthfully – Anchor in God’s truth.
 - 2. Test biblically – Guard against deception.
 - 3. Taste thankfully – Receive creation with gratitude.
 - 4. Train intentionally – Commit to spiritual discipline.
 - 5. Hope fully – Fix your eyes on the living God.
- iii. Final Challenge: “No train, no gain.” Train for godliness—the reward is eternal and immeasurable.