

## 1 Timothy 4:1–16 (ESV)

<sup>1</sup>Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, <sup>2</sup>through the insincerity of liars whose consciences are seared, <sup>3</sup>who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. <sup>4</sup>For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, <sup>5</sup>for it is made holy by the word of God and prayer. <sup>6</sup>If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed.

<sup>7</sup>Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; <sup>8</sup>for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. <sup>9</sup>The saying is trustworthy and deserving of full acceptance. <sup>10</sup>For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

<sup>11</sup>Command and teach these things. <sup>12</sup>Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity. <sup>13</sup>Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching. <sup>14</sup>Do not neglect the gift you have, which was given you by prophecy when the council of elders laid their hands on you. <sup>15</sup>Practice these things, immerse yourself in them, so that all may see your progress. <sup>16</sup>Keep a close watch on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers.