

Date | **October 16, 2022** Family Theme | **Demonstrating Your Faith**  
Study Text | **1 Timothy 4:1-16**

**Objective:** Family members set a good example for others by rejecting false teaching and practicing disciplines that help them grow in godliness.

**How This Lesson Fits in the Story of the Bible:** Likely written around AD 62-64, the apostle Paul wrote to the young leader Timothy to instruct him on how to lead the church at Ephesus. This section of the letter gave instruction on what Timothy should teach and how he should set an example for other believers.

**Bible Basics:** Encourage learners to memorize Psalm 19:14 this week and to work with family members to do so as well.

**Read the Word:** 1 Timothy 4:1-16

## Disciple Your Kids

Discuss with your children and grandchildren how we can set a good example by watching out for false teaching, practicing disciplines that lead to godliness, and putting God's Word into practice.



**Key Truth: Believers Stay True to the Faith and Practice Disciplines That Lead to Godliness (1 Timothy 4:1-10)**

The Holy Spirit has revealed that some will leave the faith because of being swayed by false teaching. Its source is deceitful, demonic spirits working through false teachers (verses 1-2). They taught that people must abstain from marriage and certain foods in order to be holy, even though God created these things for us to receive with thanksgiving (verses 3-5). Paul urged Timothy to instruct the believers in the truth regarding these areas. He was to be guided and nourished by the truth of God's Word, to stay away from worldly myths, and to engage in activities that would help him be godly. This godliness has value in this life and in the next. We strive for godliness with our hope set on God (verses 6-10).



**Key Truth: Believers Set a Good Example by Putting Biblical Truth Into Practice (1 Timothy 4:11-16)**

Paul instructed Timothy to boldly lead and teach the truth in spite of his relatively young age. He was to set a godly example for all the believers in living a Christian lifestyle (verses 11-12). For leading the church, Timothy was to practice the public reading of Scripture; to preach, challenge, and encourage believers in God's Word; and to teach the truths and doctrines of the faith (verse 13). He was to recognize God's calling on his life and develop his spiritual gifts to effectively lead the congregation, just as recognized by the spiritual leaders who commissioned him. Timothy was to give extensive attention to these things so all could see his progress. This would benefit Timothy and those under his leadership and teaching (verses 14-16).

# Discussion Starters

Use one or more of the following questions as discussion starters with family members this week. Questions in **bold** will be good to use with elementary age children.

- What is involved in modeling the faith?
- What should we model when it comes to dealing with false teachers or false doctrine?
- Why is false teaching so dangerous?
- What are some disciplines we can practice that will help train us to be godly?
- What does it look like to set a godly example in speech, in conduct, in love, in faith, and in purity?
- What spiritual discipline or habit could you more faithfully practice in order to keep growing in your faith?
- How are you modeling service by using your abilities and spiritual gifts to serve God and others?
- **Who is the best example to follow in demonstrating our faith?**
- **How can you lead by example through your words? Actions? Love? Faith?**

## Everyday Extras

Ask each member of your family to demonstrate something he or she does well to teach others in your family how to do it. They may choose to demonstrate a cooking skill, a cleaning skill, a craft, a playground skill, a musical skill, a video gaming skill, or any expertise they have. You could video and share the demonstrations with friends and loved ones too. Remind your children that they could demonstrate their skill even to someone older than they are. That was what Paul reminded Timothy of in 1 Timothy 4. He was an example of Christian faith, even to people older than he was. Your children can also demonstrate their faith in Jesus to others.

Send out investigative reporters from your family to ask the question, “What can I do to be successful?” Have each child ask three or four people and record their answers. (This could be a wonderful holiday project.) Compile the advice into a notebook; talk about it and what you can learn from it. When Paul wanted Timothy to be successful as a Christian, he gave the younger man instructions—not just advice. We can read them in 1 Timothy, especially in chapter 4. Your family could add some of Paul’s instructions to the notebook too!

## Preschool Highlights for SQUARE 1 & ROUND 2

Today your child learned Paul wrote Timothy a letter to remind him the Bible comes from God and is true. Paul also encouraged Timothy to keep making good choices and to continue serving God and loving Him with all his heart. When we love God with all our hearts, we should want to serve Him. **I Can Serve God** every day.