

SHUN  
PROFANE &  
OLD WIVES' FABLES



But reject profane and old wives' fables,  
and exercise yourself toward godliness.

<sup>8</sup> For bodily exercise profits a little, but  
godliness is profitable for all things,  
having promise of the life that now is  
and of that which is to come.

1 Timothy 4:7-8



Paul writes to establish  
a few foundations for  
this young pastor.



The Foundation of  
**PRAYER**



The Establishment of  
**CHURCH  
GOVERNANCE**



The Development of  
**GODLINESS**



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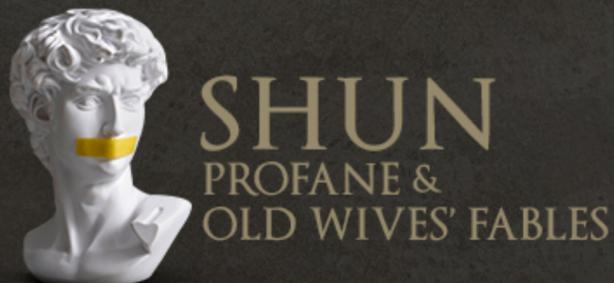


CORNERSTONE

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1 Timothy 4:7-8



Two things  
Paul contrasted  
godliness with.

1 Profane and old wives'  
fables.





From 1st & 2nd Timothy – Anyone who **forbids marriage** is preaching a doctrine energised by demons.





Another thing Paul warns about is the over-emphasis on **dietary laws** and the **abstinence from food**.



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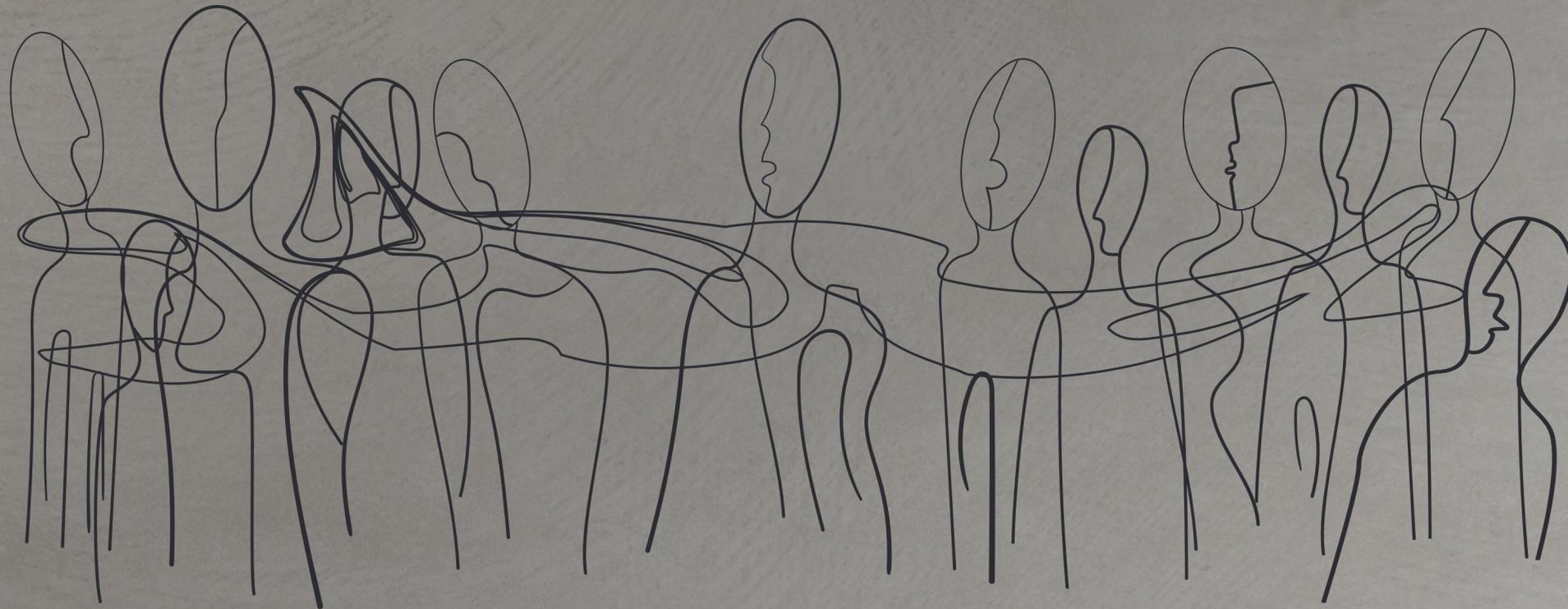
We're also not to be beguiled by  
the over-emphasis of **angels** or the  
worship of such.





Another was an **aversion**  
to **hard work.**





A **Pre-Tribulation Rapture** that  
leaves the Church unprepared  
for the Last Days.



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And when they had preached the gospel to that city and made many disciples, they returned to Lystra, Iconium, and Antioch, <sup>22</sup> strengthening the souls of the disciples, exhorting them to continue in the faith, and saying, “We must through many tribulations enter the Kingdom of God.

Acts 14: 21-22



1

They strengthened  
the souls of the  
disciples.

2

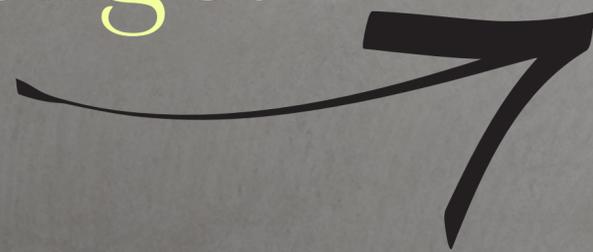
They exhorted  
them to continue  
in the faith.

3

They were  
preparing them  
with a message.

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What was the  
message?



That through many  
tribulations, we must enter  
the Kingdom of God.



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Another old wives' fable is the

# Doctrine *of* Cessationism



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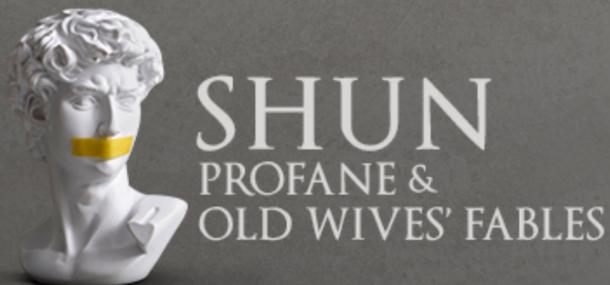


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Two things  
Paul contrasted  
godliness with.

**1** Profane and old wives'  
fables.

**2** Physical exercise.



The word 'exercise' is the Greek word 'gumnadzo', which literally means to exercise while naked.



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# GODLINESS

has to do with a set of disciplines.

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6

very simple  
exercises that we  
need to perform  
every day.



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**1** | Getting up early



**2** | Thanksgiving and praise



**3** | Praying in tongues



**4** | Feeding on the Word



**5** | Praying with all kinds of prayer



**6** | Having communion

