

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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Two things  
Paul contrasted  
godliness with.

1 Profane and old wives'  
fables.



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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**.





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



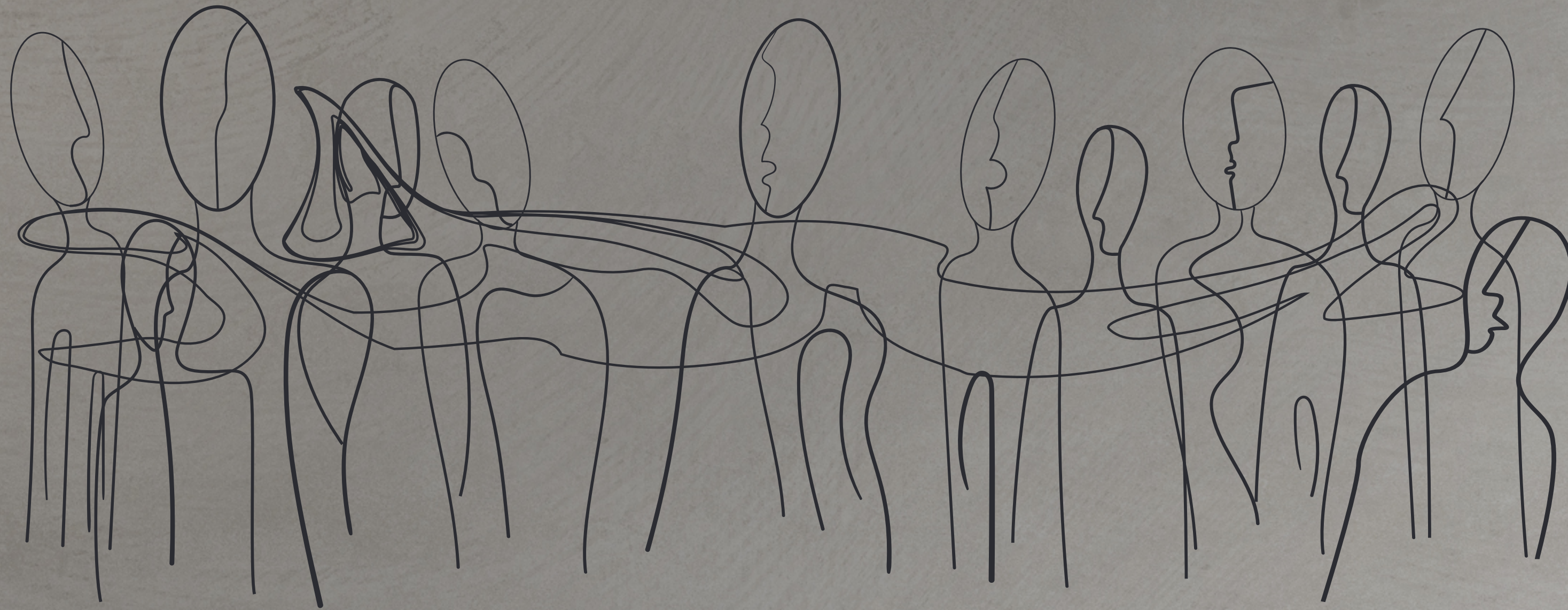




Another was an **aversion**  
to hard work.







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.

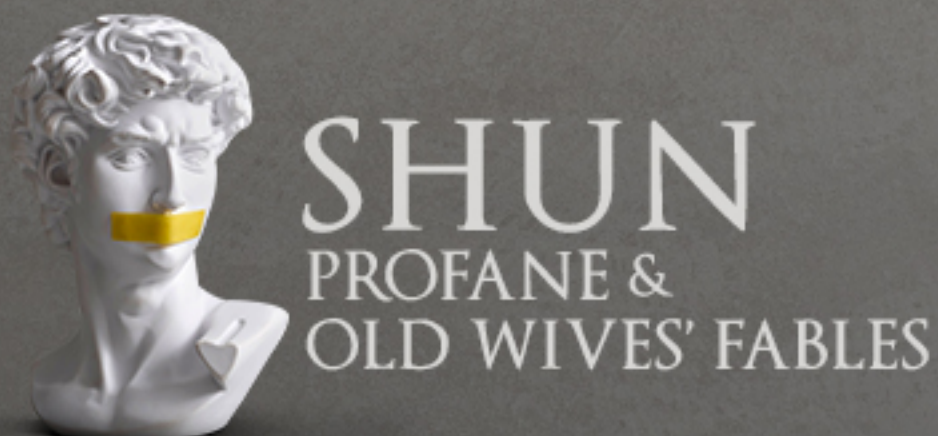
3

They were  
preparing them  
with a message.

What was the  
message?



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





Another old wives' fable is the

# Doctrine *of* Cessationism





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.





**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



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