

LIFE TOGETHER

'Spiritual health'

1 Timothy 1:1-11

- you are what you eat ¹

HEALTHY FOOD (v1-2, 10b-11)

Feed on biblical teaching – it makes you spiritually healthy

- apostolic teaching
- divine origin
- saving effect
- gospel centre

JUNK FOOD (v3-10a)

Avoid different teaching - it damages your spiritual health

- **dangerous:** it must be stopped (v3) ²

- **different:** departs from the faith (v3-4a)

- o different teaching (v3b) ³

- o different focus (v4a) ⁴

- **destructive:** it destroys God's church (v4b-6)

- o not caring (v4b) ⁵

- o not loving (v5-6) ⁶

- **deluding:** it goes easy on sin (v7-10a) ⁷

¹ 'sound': 1 Tim.1:10; 6:3; 2 Tim.1:13; 4:3; Titus 1:9,13; 2:2,8

² 2 Tim.2:17

³ 1 Tim.1:2; 3:9; 4:1,6; 5:8; 6:10,12,21; 2 Cor.11:4; Gal.1:6; Acts 17:21

⁴ 1 Tim.4:7; 2 Tim.4:4; Titus 1:14

⁵ Acts 20:28; 1 Tim.3:6

⁶ 1 Tim.6:4

⁷ 1 Tim.6:4