



MEN'S STUDY

1 TIMOTHY 4:15

Practice these things, devote yourself to them, so that all may see your progress. Keep a close watch on yourself and on the teaching...

September 16, 2026

PRAYER OF FORMATION

I am no longer my own, but yours.

Point me to what you will,
rank me with whom you want.

Put me to action,
put me to suffering.

Let me be employed for you,
or laid aside for you.

Exalted for you,
or brought low for you.

Let me be full, let me be empty.

Let me have all things,
let me have nothing.

I yield myself to your desires.

I seek your glory.

Father, Son, and Holy Spirit –

I am yours and you are mine.

Be the center of my life and the
ground of all my hopes.



Discussion Questions

- If you did the examine over the weekend - What beliefs did you find that were driving your habits?
- Reading through our passage in 1 Timothy 4. What words or phrases seem to jump off the page to you and why?
- Now Read Hebrews 12:7-11. How does passage encourage you towards practice, discipline, effort in godliness?
- Read 1 Corinthians 9:24-27. How does this passage mirror Paul's advise to Timothy in 1 Timothy 4?

This week's task: **Daily Prayer.** If you've never daily prayed. Begin. If you do - add a variation (Kneel, Mid day, longer, etc). Use Earley's prayers to start. Set you alarm and pray for 5-10 minutes at a time. Add 5-10 if you already regularly pray.

1 Timothy 4:6-16

⁶ 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. ⁷ Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸ 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. ⁹ The saying is trustworthy and deserving of full acceptance. ¹⁰ 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.

¹¹ Command and teach these things. ¹² Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity. ¹³ Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching. ¹⁴ Do not neglect the gift you have, which was given you by prophecy when the council of elders laid their hands on you. ¹⁵

Practice these things, immerse yourself in them, so that all may see your progress. ¹⁶ 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.