



Train More

By Taylor Braswell on June 21, 2024

TODAY'S READING: 1 Timothy 4

If you have ever trained for anything, you know that it is hard work. When I was a teenager, I trained to be a competitive swimmer. Every day I swam laps in the pool and practiced my technique until I felt like throwing up. For my first job, I had to train to become a lifeguard. My lifeguard training required swimming at the bottom of a pool while holding weights, and being able to hold your breath for an extended period of time. Being a lifeguard also meant knowing how to perform CPR, knowing how to test and treat pool water properly, and knowing how to treat injuries. When I was trained to work at Chick-fil-A, I had to know the whole menu and how to use the cash registers. In college, I was into weightlifting. I trained seven days a week with the goal of putting on more muscle. I had to know the proper techniques and exercises in order to be successful.

In 1 Timothy 4:8-10 Paul commands us to train ourselves for godliness. If you are reading this devotion, you are doing it! I am proud of you because you are doing more than the average Christian is doing to grow spiritually. Training for godliness means working hard and growing in your knowledge of who God is and what he has done for us. Studying theology is a lifelong pursuit, and mature Christians will want to train for godliness not to earn God's love, but because they understand the love He has already given them in Christ. It is no accident that Paul uses words like "toil" and "strive" in verse 10; training is hard work. This means knowing what the Bible says and how to apply it to your life. This means understanding difficult passages of Scripture and being able to see when something is being taken out of context. I read theology books written by Christians who are smarter and more spiritually mature than me. I watch countless videos from pastors and theologians to gain more knowledge. If you want to train more, any pastor on our staff would love to give you more resources!

Paul does not deny that physical training has value. Studies show that people who exercise live longer and are generally happier in life. Physical training benefits our mental and physical health because God designed us to take care of our bodies. By being a good steward of your body, you are doing what you can to be around long enough to disciple your children and grandchildren. As Christians, we should want to exercise to show the world that we are self-controlled and disciplined. Working out is great, but Paul says that spiritual training is better! My friend once told me, "Take care of your body as if you were going to live forever, and take care of your soul as if you were going to die tomorrow."

PRAYER: Father, put people in my life who keep me accountable to train physically and spiritually. Thank You for revealing Yourself to me through Your Word and give me a greater love for You each day.

TOMORROW'S READING: Weekend is for catch-up and review.

MONDAY'S READING: 1 Timothy 5

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