



Follow Jesus and Pursue Godliness

1 Timothy 4:7-8

“Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 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” (1 Timothy 4:7-8—ESV).

As we seek to follow Jesus, the Apostle Paul gives us wise commands. As he begins his first letter to Timothy he writes, “The aim of our charge (command) is love that comes from a pure heart and a good conscience, and a sincere faith” (1 Timothy 1:5). One way to fulfill that charge is not to wander “away into vain discussions” (1 Timothy 1:6). One way to avoid vain discussions is to “Have nothing to do with irreverent, silly myths.” Even if we have not studied about the gods that the Gentiles worshiped in Paul's day, we may know about the Percy Jackson series currently popular. The series shows the truth about the gods that Paul said not to follow for they were immoral and capricious with no regard for anyone but themselves. Their priests invented elaborate myths about these gods in Paul's day and even earlier. Though interesting, they do not inspire worship! We need to avoid vain, empty, meaningless discussions that will not lead us into godly living. We need to pursue a pure and clean heart that expresses itself in love and does not exploit others, a love that shows concern for the real needs of those hurting and how to bless them. Jesus Christ showed this self-giving love. He still shows us this love when we hear the reading of the Bible and see the example of others following Jesus. If we read, study, and discuss the Bible to learn more about the true God, we will grow spiritually and remain in a loving relationship with God. We need to discuss the Bible's commands and train in righteousness. We need to practice godliness by doing as Jesus taught and love God supremely and seek to love and serve others in the name of Jesus. By receiving Jesus and by Jesus living in us we will keep a good conscience and practice Christian virtues with a sincere faith. We will display the spiritual gifts and the fruit of the Holy Spirit as the Holy Spirit works in us. The [Gospel of John](#) teaches us how to live more like Jesus with the Holy Spirit.