

I Tim 4:1-16

- ¹The Spirit clearly **says**
that in later times some **will abandon** the faith
and follow deceiving spirits
↑ **and** things taught by demons.
- ²Such teachings **come** through hypocritical liars,
↑ whose consciences have been **seared** as with a hot iron.
- ³They **forbid** people to marry
and order them to abstain from certain foods,
↑ which God **created** to be received with thanksgiving
by those
↑ who **believe**
and
↑ who **know** the truth.
- ⁴For everything God created **is** good,
and nothing **is** to be rejected
↑ if it is **received** with thanksgiving,
⁵ because it is **consecrated** by the word of God and prayer.
- ⁶If you point these things out to the brothers,
you **will be** a good minister of Christ Jesus,
↑ brought up in the truths of the faith
and of the good teaching
↑ that you have followed.
- ⁷Have nothing to do with godless myths
and old wives' tales;
rather, **train** yourself to be godly.
- ⁸For physical training **is** of some value,
but godliness **has** value for all things,
holding promise for both the present life and the life to come.
- ⁹This **is** a trustworthy saying
↑ that deserves full acceptance
¹⁰ (and for this we labor and strive),
that we have put our hope in the living God,
↑ who is the Savior of all men,
and especially of those who believe.
- ¹¹**Command**
and **teach** these things.
- ¹²Don't **let** anyone look down on you
↑ because you are young,

but set an example for the believers in speech,

in life,

in love,

in faith

and in purity.

¹³Until I come, **devote** yourself

↑
to the public reading of Scripture,
to preaching
and to teaching.

¹⁴Do not **neglect** your gift,

↑ which was given you through a prophetic message
↑ when the body of elders laid their hands on you.

¹⁵**Be** diligent in these matters;

give yourself wholly to them,

so that everyone may see your progress.

¹⁶**Watch** your life

and doctrine closely.

Persevere in them,

because if you do,

you will **save** both yourself and your hearers.