

**Discipline of Hope****1 Timothy 4:6-10****Ecclesia, 11****Dr. Ted Wueste****We develop spiritual discipline in our lives as ...**

- **we remind each other to keep an open heart to God ...** verses 6-7  
"point these things out to the brothers" (cf. vs. 1-5)
  1. **we refuse to be influenced by simplistic ways of interpreting life ...** verse 7a  
"have nothing to do with godless myths and old wives tales"
  2. **we rely upon the word of God and prayer ...** verses 6b, 7b  
"brought up in the truths of the faith"  
"train yourself to be godly"
  
- **we value godliness above all other things ...** verses 8-9  
"physical training is of some value, but godliness has value for all things"

Godliness is ...

Godliness promises ...

- **we return daily to live in the great hope of life in Christ ...** verse 10  
"we have put our hope in the living God"

**APPLICATION**

What **value** do you place on godliness?

What **rhythm** can you begin to develop around keeping an open heart to God?

**Quotes:**

"The goal of this way of believing is to place this unmasking of illusions, this process of 'dying,' in the context of hope; so that we may not only disclose ourselves to others, but also lay ourselves bare to God's disclosure of himself to us."

Alan Jones, *Soul Making*