### 1 Timothy

## Chapter 4

1However, the Spirit definitely says that some will leave the faith in the future and pay attention to wicked spirits and the teachings of demons, 2as well as to hypocritical men who are liars and whose consciences are seared as with branding irons.  
  
3These will forbid marrying and the eating of food that God created to be eaten appreciatively by everyone who has faith and understands the truth 4(for everything that God created is good, and nothing should be thrown away). So if we thank Him for it, 5it becomes holy by what we say to God in our prayers.  
  
  
6So if you’ll explain these things to the brothers, you’ll prove yourself a fine servant of the Anointed Jesus, and [you’ll] grow strong on the words of the Faith and the fine teachings that you’ve been following so closely.  
  
7You must avoid worldly fables and old-wives’ tales, and train yourself to be a truly reverent person... 8For even though physical exercise does some good, learning reverence [for God] is good for all things! It holds the promise of life – both now, and into that which is coming.  
  
9Yes, what I’m saying is trustworthy and deserves [your special] attention, 10for this is why we’ve been struggling and working so hard as we’ve continued to put faith in a living God who is the Savior of all men – but mostly of the faithful.  
  
  
11So, instruct and teach…  
  
12And don’t allow anyone to look down on you because you’re young! Instead, become an example to the faithful in what you say, in what you do, in your love, in your faith, and in your purity!  
  
13Until I get there, work at public reading, at giving council, and on your teaching abilities.  
  
14Don’t be careless with the gift in you, which was given through a prophecy when the elders laid their hands on you.  
  
15Think deeply about these things… Get wrapped up in them, so that everyone can see the progress that you’re making.  
  
16Yes, pay close attention to yourself and to your teaching, and stick with it! For if you do that, you’ll save both yourself and those who are listening to you!