

THE PROGRESSION OF DISCIPLINE

1 Timothy 4.1-8 // January 4, 2026

TAKING IN

1 Peter 1.12-15 // 1 Timothy 4.1-8 // 2 Timothy 2.23, 24

We often hear about being equipped and training for godliness, but it is important to recognize also that there are different *aspects* of our training. In **1 Timothy 4.1-8**, we see the word “train” in English three times, but there are actually two different Greek words with slight nuance.

Verse 6 is the word “entprepho,” and Verse 7 and 8 is the word “gymnazo.” Entprepho speaks of what we take in, and gymnazo speaks of what we *do* with what we take in. We are to “take in” the “words of the faith and of the good doctrine,” and avoid ignorant controversies and other nonsense that pollutes us.

STEP BY STEP

Additionally, there are other words used for “train.” In **2 Timothy 3.16, 17**, Paul uses a word that is most similar to what we would use for “discipline.”

2 Timothy 3.16, 17

So we see a progression of sorts when it comes to elements of training:

| | | |
|-------------------|---------------------|------------------------------------|
| Entrepho: | Nourished: | Truth goes in. Right resources. |
| Paideia: | Discipline: | External guidance and coaching. |
| Gymnazo: | Working Out: | Obedience is practiced on our own. |
| Katartizo: | Equipped: | Function is restored and prepared. |

Hebrews 12.11, 13.20, 21

WORKING OUT

- 1) Not everyone who *takes in* and is being *nourished* by God’s Word is actually *growing in it*. You could be taking in and being nourished, but you aren’t receiving instruction from others, or you aren’t putting things into practice. You aren’t going to the *gymnazo*.
- 2) There is always, always an element of self-denial when it comes to discipline. We must do the hard work of not just *adding* the right things into our routine, habits, and liturgy of life, but we also must *cut out* the things that spoil, pollute, or dilute our intake.

**Limits are more beneficial
to spiritual transformation than freedom is.**

James 1.22-25

NOTES:

Announcements:

Community Meal: Today, after service! Join us for some pizza, salad and fellowship together.

Men’s Gathering: Next Saturday, 1/10, from 7:30-8:30am, here at the school. We’ll be talking over John 15:4-5 and what it looks like to build a trellis for vibrant vine growth.

Psalm Reading: Sign up to read the opening Psalm on Sunday Mornings! (All you have to do is show up and read...we’ll send you the Psalm ahead of time.)



<https://lmclnk.com/xfx>

This Week’s Call to Worship Psalm:

Psalm 139.1-8, 23, 24

This Week’s Scripture to Memorize:

2 Corinthians 5.21

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION!

We’d love for you to **fill out a Connection Card** so we can welcome you and answer any questions you may have. You can drop it in the offering basket during the service or take it to one of our teammates at the **Connection Booth** outside. Feel free to grab some coffee and snacks in the courtyard and hang out. We hope you’ll **join us next Sunday** and consider making us your church family.

WHAT ABOUT THE KIDS?

Our childrens’ ministry, which we call **Kids on Mission**, has classes for **newborns - 5th grade**. We have a great team of volunteers who have all been screened with background checks for extra security. Each week your child will get to **worship** with their class, followed by an **age-appropriate lesson** that points them towards Jesus and helps root them in the Word of God.

Visit our website to read more about the vision of Kids on Mission and a walkthrough of our curriculum. If you have any questions, email **Amber Willis at amber@lifemission.tv**

JUNIOR HIGH & HIGH SCHOOL

Our **6th - 8th graders** begin each Sunday by **worshipping with the adults** and then head to their classroom with their teacher and classmates for the rest of service. Visit our website to read more about our junior high ministry and a walkthrough of our curriculum.

Our **9th-12th graders stay in the service** with the adults because we believe that it is crucial for them to not “graduate the faith” when they graduate high school.

For more information about our Junior High & High School ministries, email **Tyler Willis at tyler@lifemission.tv**.

Contact Us

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CONNECT WITH LMC



Point your smart phone camera at the QR Code to access a virtual Connection Card

MAILING ADDRESS:

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San Marcos, CA 92079

COMMUNITY GROUP HOMEWORK

Our Community Groups will be on break until the week of January 25th

In the meantime, consider ways that you hope to train yourself for godliness in 2026.

Read **1 Timothy 4.1-8**. What stands out in this verse and from Sunday's sermon?

Your Life Mission

Before any meaningful ministry is done by us, the Spirit's work must firstly be done within us. In what ways do you hope to grow and deepen your lifestyle of abiding in Christ and training for godliness in 2026 when it comes to the following:

The Word: _____

Prayer: _____

Community: _____

Service: _____

Evangelism: _____

Who would you consider doing some of these with?

THE LORD'S P.R.A.Y.er MODEL

- Preaching the Gospel to Yourself (Matthew 6.9, 10)
- Repent and Confess (Matthew 6.12)
- Ask for Provision (Matthew 6.11-13)
- Yield with Thanksgiving (Matthew 6.10)

Father, be glorified in _____, let Your Kingdom and will be done, in and through _____ as it is in Heaven.

Give _____ daily bread, and thank You for Your forgiveness.
Help _____ to forgive _____, because You are the One who has forgiven us.

Keep _____ eyes fixed on You and Your Word and promises so that _____ may not sin against You.
Thank You for and help me trust Your sovereign love.



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SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

GET TO KNOW MORE ABOUT US ONLINE

LIFEMISSIONCHURCH.COM

