

Train Your Ear
1 Timothy: Sound Doctrine in a Noisy World
March 15, 2026

Questions for Personal Reflection and Group Discussion

1. Read 1 Timothy 4:1-5.

How does Paul describe the people that the Holy Spirit warns us about in verses 1-3?

Where does Paul say these false teachings or ideas come from?

Can you identify any false teaching or beliefs that you are aware of in our current culture? What makes those ideas so compelling?

What is evident about the character of those who are able to discern truth from error (vs 3-5)?

2. Read 1 Timothy 4:6-10.

Paul gives Timothy several points of instruction in these verses. What does he tell Timothy to put his energy into?

Why is training for godliness better than physical training? How is *training* different from *trying*?

Practically speaking, how do you go about training yourself to be godly? Is this a priority in your life? If not, why not?

What one small change could you make this week to train yourself to be more like Jesus?

3. Read 1 Timothy 4:11-13.

In what ways does Paul say Timothy should be an example to the believers he is leading?

In which of those areas do you find it difficult to be an example to others? What step could you take to grow in that area?

4. Read 1 Timothy 4:14-16.

We find another list of instructions in these verses, written to Timothy but also which apply to us. What spiritual gift(s) has the Holy Spirit given to you and how are you using it/them?

Paul stresses intentionality and wholeheartedness in these verses. Why are those things so important?

What voices are you allowing to influence you? What will you do to develop deeper discernment in your life?