

Training

“Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” 1 Timothy 4:7-8

Every day we train ourselves for doing things. Sometimes we train ourselves for big things, like how to be a person who can run for two miles or how to be a person who has all the necessary skills for a difficult career. At other times we train ourselves for little things, like how to be a person who can do a load of dishes. We spend a lot of our time training and becoming good at things whether we know it or not.

It's not always easy to be a person who can do a load of dishes, by the way. But the more we do dishes, the better we get at them, and the faster we get at them, too. A person who has never done dishes will most likely be a lot slower and do a poorer job than a person who has done them regularly for decades. So it's a general rule that the more time we spend doing something, the better we become at doing that one thing.

The fact is that we spend far greater time training ourselves in the small things than in the big things. A lot more of our time is spent training ourselves to be people who keep homes or drive on roads or interact with the general public. The truth, though, is that we don't train only for good things. We also train for bad things. The rub, then, lies in that we're mostly training for *something*, whether good or bad. We don't train for good things and then pause our training while we do bad things. When we do bad things, we're training ourselves to be people who are good at doing bad things.

This is why we should focus on training for godliness. When we spend just a little bit of time lusting or coveting or gossiping, we're training ourselves to be people who are good at doing those things. Those things, however, will ultimately pass away. They will shrivel up and turn to ash. But godliness is eternal. Let's instead spend our time training to be people who are good at doing things that are eternal.

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