



Passing
the Baton

When have you had to train for something?

Was it physical or academic?

Was it hard?

Was it worth it?

A low-angle shot of a person's legs running on a gravel path. The sun is low on the horizon, creating a strong backlight and a lens flare effect. The background shows a line of trees and distant hills under a hazy sky.

**TRAINING FOR
GODLINESS**



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The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. ² Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron.



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³ They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. ⁴ For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, ⁵ because it is consecrated by the word of God and prayer.



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⁴ For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, ⁵ because it is consecrated by the word of God and prayer.

⁶ If you point these things out to the brothers and sisters, [\[a\]](#) you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed.



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A graphic design featuring a dark background with a central horizontal band of deep red. The red band contains the text "Know Your Stuff." in white. Above and below the band, various mathematical symbols and formulas (like pi, infinity, and numbers) are scattered, appearing to float or fall. At the bottom, an open book is shown, with symbols appearing to emanate from its pages.

Know Your Stuff.



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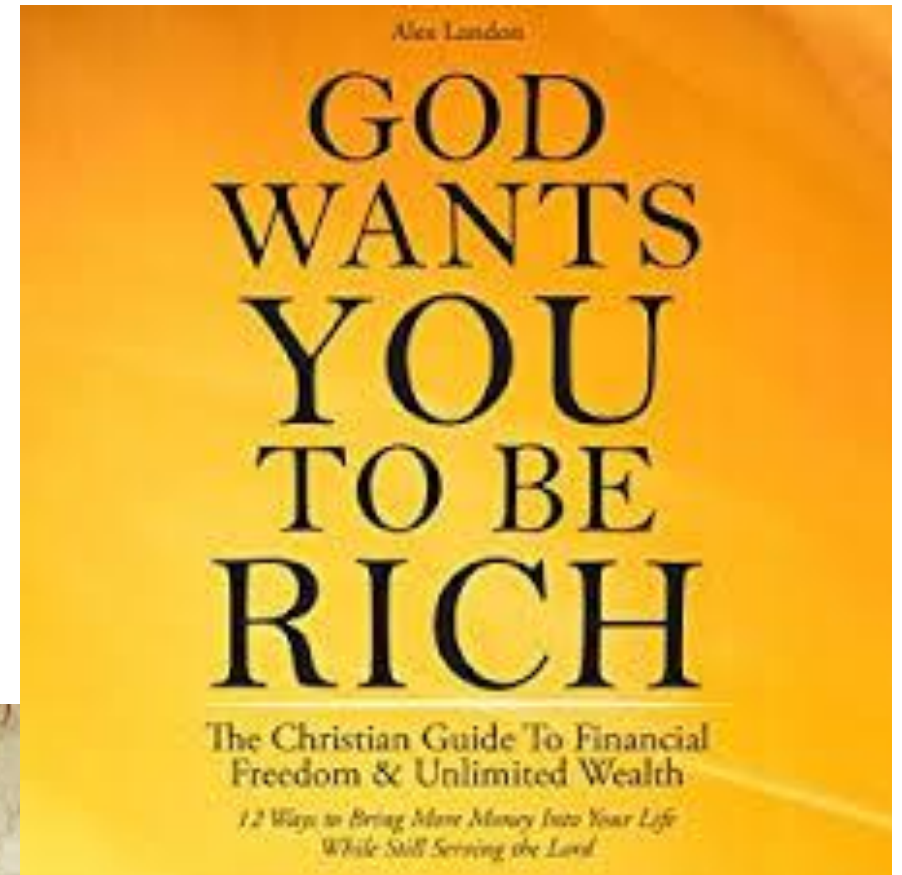
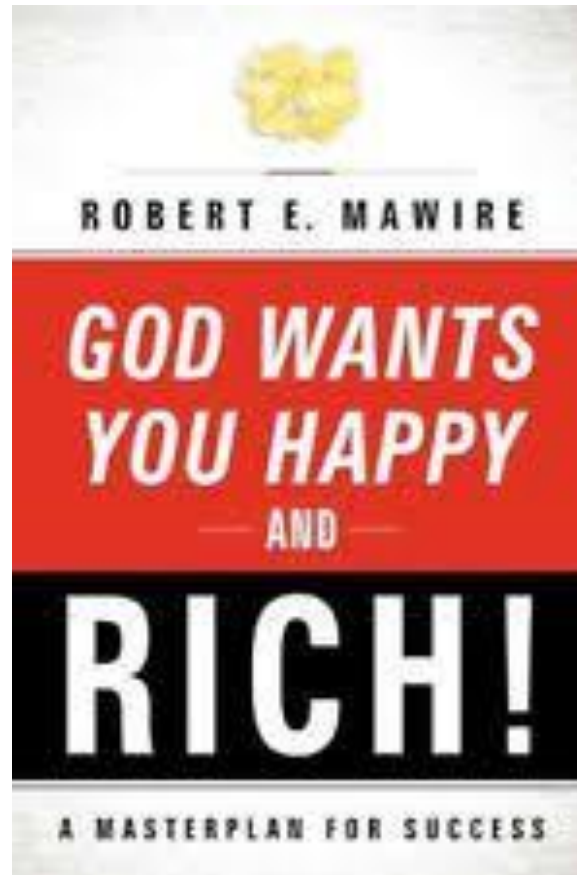


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⁶ Yet true godliness with contentment is itself great wealth. ⁷ After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. ⁸ So if we have enough food and clothing, let us be content.



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⁹ But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction. ¹⁰ For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows.



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⁶ If you point these things out to the brothers and sisters,^[a] you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed. ⁷ Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

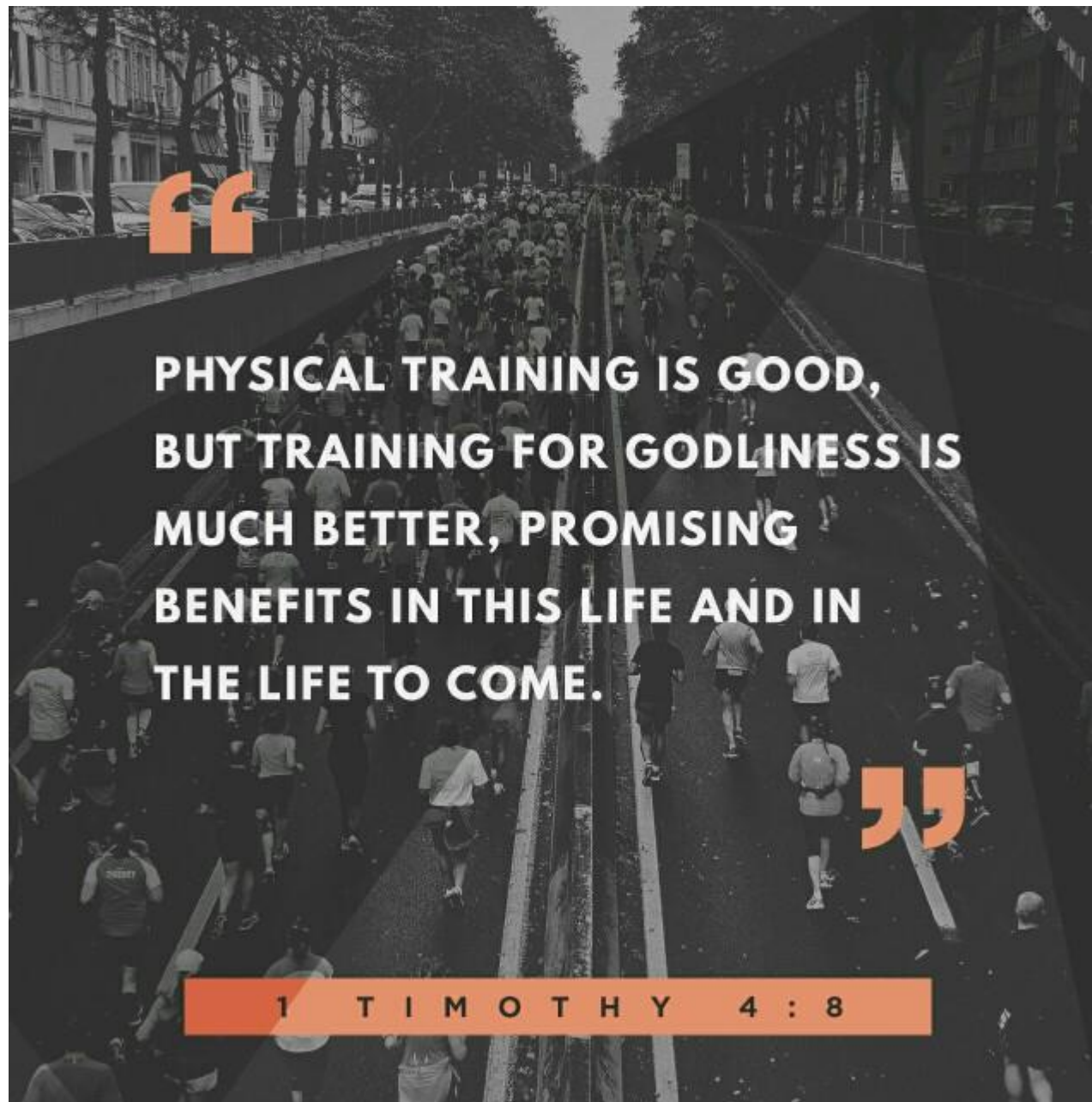


⁹ This is a trustworthy saying that deserves full acceptance. ¹⁰ That is why we labour and strive, because we have put our hope in the living God, who is the Saviour of all people, and especially of those who believe.

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“

PHYSICAL TRAINING IS GOOD,
BUT TRAINING FOR GODLINESS IS
MUCH BETTER, PROMISING
BENEFITS IN THIS LIFE AND IN
THE LIFE TO COME.

”

1 T I M O T H Y 4 : 8



St Barnabas
transforming lives • changing the world



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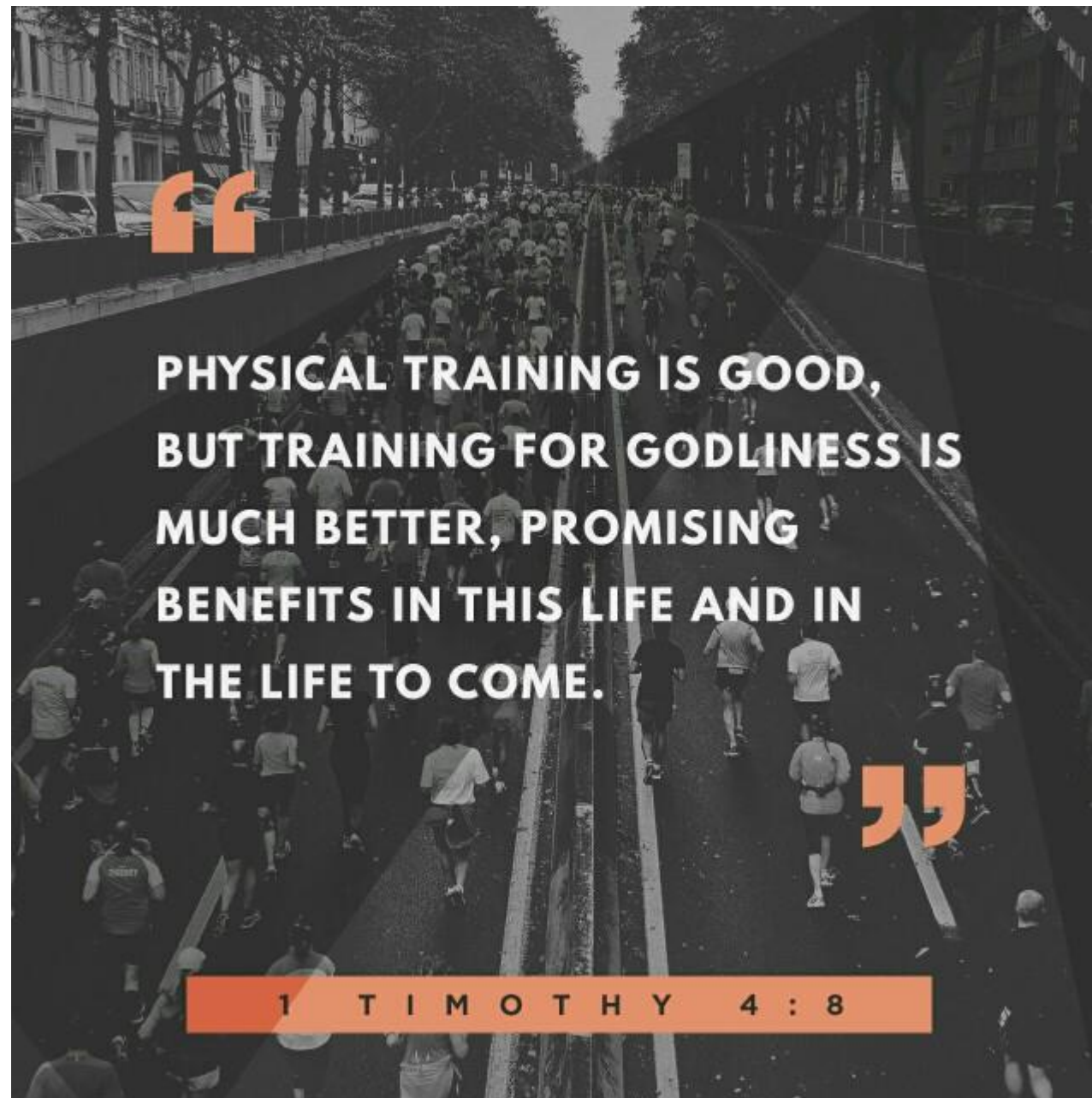


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1 TIMOTHY 4:8



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¹¹ Command and teach these things. ¹² Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. ¹³ Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching.



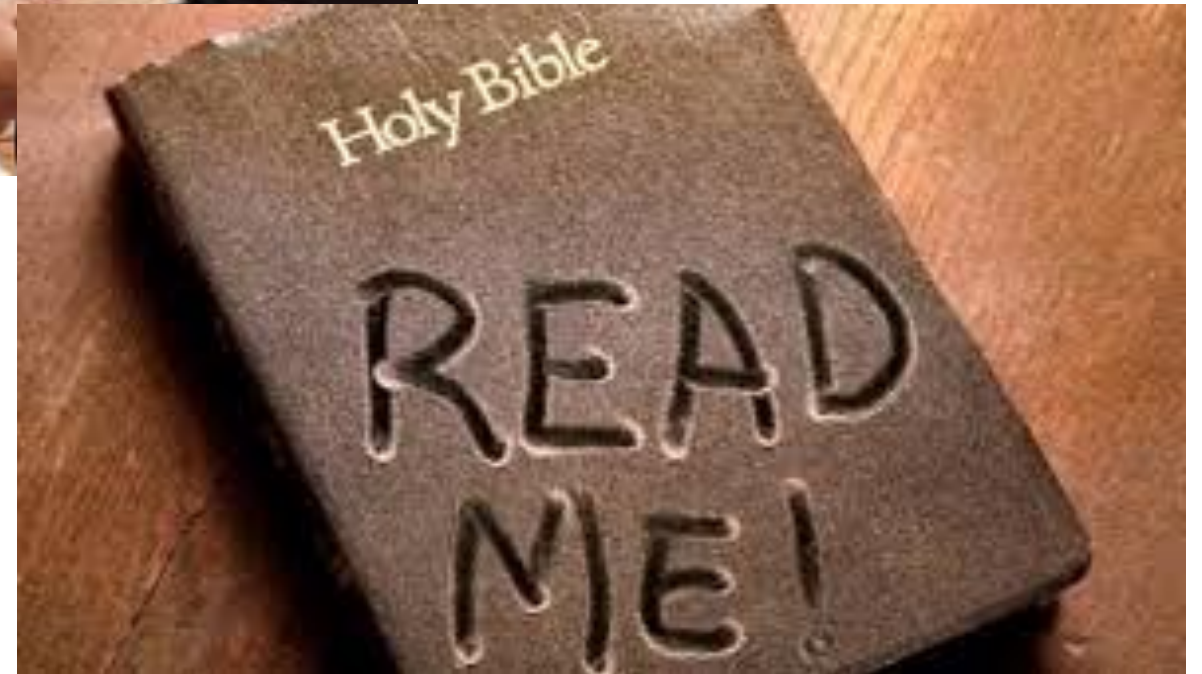
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Are you one of those
MILLENNIALS
who are ruining everything?





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¹⁴ Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you. ¹⁵ Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. ¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.



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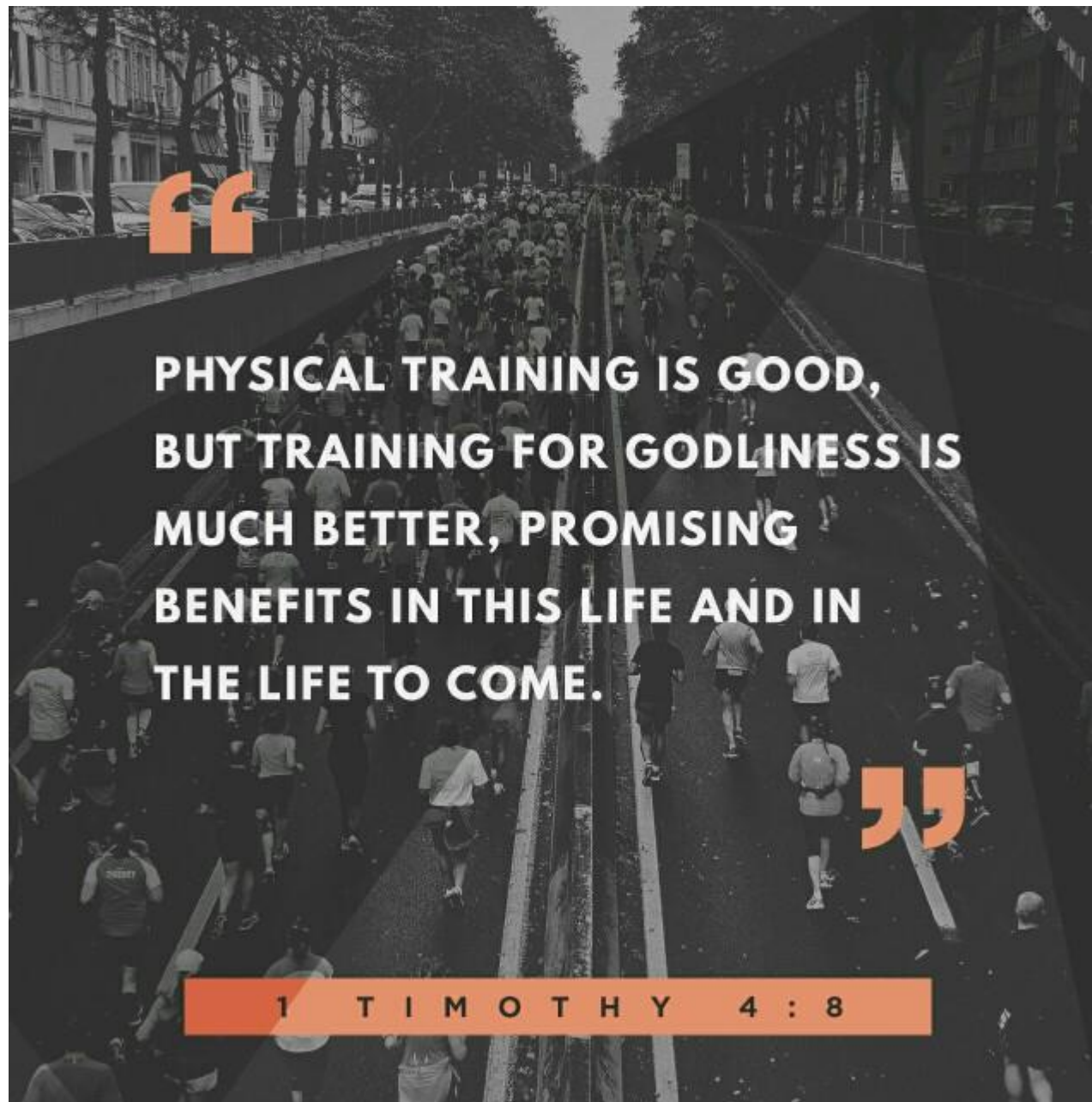


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1 T I M O T H Y 4 : 8