GENESIS TO REVELATION | LETTER LESSON

# A Young Person Can Set an Example

1 Timothy 4:6-16



YOUR BIBLE READING

**Young people can show faith through teachable, loving, trustworthy actions.**

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

# Learning That Shapes a Life

1 Timothy 4:6-16



First Timothy is a letter of guidance to Timothy about serving a community of believers. In this passage Paul tells him to be nourished by the words of faith and good teaching he has followed. The picture of nourishment helps explain the lesson: just as food supports a body, sound teaching supports a life of service. Timothy was to pass that teaching on while continuing to receive it himself.

Paul urged him to avoid empty, misleading stories and to train himself in godliness. Godliness means a way of life attentive to God, not a costume or a voice that sounds especially religious. Training involves practice over time. Paul did not dismiss physical exercise; he said it had some value. He explained that training in a faithful life reaches further, touching the life now and the life to come.

The passage connects this effort with trust in the living God. Timothy's work was not simply a competition to appear better than other people. It belonged to hope in God, who brings salvation. Paul wanted the teaching taken seriously, but the steady labor stood inside that larger trust. The lesson brings together what Timothy learned, what he practiced, and the hope that gave his service its direction.

Then Paul addressed Timothy's youth. Timothy was a young adult leader, not a small child placed in charge of every adult problem. Other people's dismissive attitudes were not to define his contribution. He could set an example through his words, conduct, love, faith, and purity. These were qualities visible in daily life. His age did not prevent him from showing the care and integrity that belonged to the teaching he shared.

**Remember:** Practice what is good and remain willing to learn.

EXTENDED ENGLISH READING • PAGE 2 OF 2

# An Example That Keeps Growing

1 Timothy 4:6-16



Paul gave Timothy specific work to continue until he came: public reading, encouragement, and teaching. Reading Scripture aloud helped the gathered community hear it. Encouragement helped people respond, and teaching helped them understand. Timothy was not asked to replace learning with confidence alone. His example was to include attention to the message as well as the way he behaved toward the people who were listening to him.

He was also told not to neglect the gift recognized when the elders laid their hands on him. The letter connects his service with a community that had acknowledged and supported it. A gift could be used carefully rather than ignored. Timothy was to practice these things diligently so that his progress would be visible. Progress is an important word: the instruction expected continued growth, not a person who had already finished learning.

Paul urged him to pay attention both to himself and to his teaching, and to persevere. Careless behavior could damage the message being taught, while confused teaching could mislead listeners. The two responsibilities belonged together. Paul spoke seriously about the saving effect of faithful teaching for Timothy and those who heard him. His task mattered because people were being helped to know and follow the living God.

For readers today, this remains a lesson from a letter, not an invented day in Timothy's classroom. We do not need to supply a speech he gave afterward or imagine how every listener responded. The direction is clear enough: receive sound teaching, practice a faithful life, use the gift entrusted to you, and keep learning. A meaningful example grows through ordinary actions that agree with the words a person hopes others will trust.

**Pause and think:** Which ordinary choice could help your words and actions agree more closely?

THINK, NOTICE & GROW

# Your Example Can Begin in Ordinary Choices



You do not need to be the oldest person before your actions can help someone. A younger child might see you return a borrowed thing, speak honestly, or invite someone into a game. These are present-day examples, not extra events from Timothy's life. You can offer a useful example without taking responsibility for everyone else's choices or pretending that you never make mistakes.

Training means repeated practice. If you want to become more patient, choose one small moment to practice, such as waiting while another person finishes speaking. Ask an adult for help noticing progress. A difficult day does not erase everything you have learned. You can apologize, ask what needs repair, and begin again with a more thoughtful next step.

Timothy was told to keep reading and learning as he served. You can keep questions beside your efforts too. Ask what a word means, listen to a careful explanation, or compare your understanding with the passage. An example becomes stronger when it stays teachable. Knowing when to seek guidance is a useful part of growing, whatever your age.

A SMALL STEP FOR TODAY

**A meaningful example grows through careful learning, honest conduct, and love practiced in daily life.**

Which ordinary choice could help your words and actions agree more closely?

# Read, Remember & Create

Name: _____ Date: _____

## 1 Think about the reading

**1.** How could Timothy set an example?

**2.** Was Timothy expected to stop learning once he served?

## 2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ He is told to use his gift and continue learning.
- ☐ Timothy is encouraged to receive sound teaching and practice godliness.
- ☐ His words and actions can set a faithful example.

## 3 Draw a meaningful picture

Draw three ordinary choices that show learning, trustworthy words, and care for someone.

Tell someone how your picture connects to the reading.

# Read & Grow Together

## Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

## Remember this

Practice what is good and remain willing to learn.
**Original memory thought, not a direct Bible quotation.** Related passage: 1 Timothy 4:12-16

## A thoughtful conversation

Timothy is a young adult leader; do not make children responsible for leading adults or preserving everyone's faith. Paul values bodily exercise while giving godliness a wider reach. Purity can be explained as integrity and care in choices, without shame about bodies. Emphasize progress, supported learning, and suitable responsibilities rather than perfection or adult authority over peers.

## Activity answers

**1.** Through his words, conduct, love, faith, and integrity.
**2.** No. He was to keep reading, teaching carefully, and making progress.
**Sequence boxes, top to bottom:** 3, 1, 2. Personal responses and drawings will vary.

## Optional prayer

God, help us learn patiently and let our actions show truth and love. Amen.

## Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

## Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on 1 Timothy 4:6-16. Source checked with the public-domain World English Bible. Illustration © Sweet Publishing; 54_1Ti_01_01_RG.jpg. CC BY-SA 3.0. Source: unfoldingWord. Resized proportionally, without cropping.
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