

## *New Testament Reading*

*Train yourself for devotion.*

**From the first letter of the apostle Paul to Timothy**

4:7-12

**A**void profane and silly myths. Train yourself for devotion, for, while physical training is of limited value, devotion is valuable in every respect, since it holds a promise of life both for the present and for the future.

This saying is trustworthy and deserves full acceptance. For this we toil and struggle, because we have set our hope on the living God, who is the savior of all, especially of those who believe. Command and teach these things.

Let no one have contempt for your youth, but set an example for those who believe, in speech, conduct, love, faith, and purity.

The word of the Lord.

**R.** *Thanks be to God.*