

Scripture InSight

Bible Society in Northern Ireland

Scripture Reference: 1 Timothy 4:7-10

Bible Translation: New International Version

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 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. This is a trustworthy saying that deserves full acceptance. 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.



Reflections:

The 2007 Cricket World Cup, held in the Caribbean, was full of surprises and great stories. As part of the Ireland team it was a dream to be at the heart of some of these great moments. The Ireland team punched well above their weight, defeating cricketing giants and former World Cup winners Pakistan to reach the Super 8 stage of the tournament. Many people at the time asked what the secret of our success was and the answer to this day is still very straight forward. Training. We trained for months with a goal in mind and during the tournament we trained more than any other competing nation, even on days when others had days off. We knew that without working hard there was going to be no other end result than disappointment.

There is another kind of training, referred to in 1 Timothy 4 v 8 that requires our attention. The apostle Paul writes that 'physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come'. Paul's words to Timothy illustrate to us what really is important... despite the fantastic moments and memories I will have from a career in International Cricket.

Andrew White is a member of the Ireland International cricket squad and plays competitively all over the world.