

Spiritual Fitness

1 Timothy 4:7-8 *“...exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.”*

Exercising Towards Godliness

- Exercise - *gumnazo* ... generally, “to exercise, to train the body or mind” (Eng., “gymnastic”) (Vines)
- Godliness - *eusebeia* from *eu*, “well,” and *sebomai*, “to be devout,” denotes that piety which, characterized by a Godward attitude, does that which is well-pleasing to Him. (Vines)
- Proper Exercise Follows A Few Simple Rules:
 - You Are What You Eat
 - Use It or Lose It
 - Rest & Reduce Stress

You Are What You Eat

- ❑ You will die from malnutrition
 - Hosea 4:6
- ❑ Desire the pure milk of the Word
 - 1 Peter 2:2
- ❑ We shall live by the words that come from God
 - Matthew 4:4
- ❑ Always eating and never doing will make you tired
 - Ecclesiastes 12:11-12

Use It or Lose It

- Exercise means Practice
 - Hebrews 5:12-14
- Put Love into Action
 - 1Corinthians 13:1-7
- Ephesians 2:10 "*For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.*"

Rest & Reduce Stress

- The Sabbath was made for man
 - Mark 2:27
- Three annual feasts
 - Deuteronomy 16:1-17
- Do not worry
 - Matthew 6:25-34
- Cast all your cares upon Him
 - 1 Peter 5:7