

## Godly "Ex"ercises 1Timothy 4:7,8

Each made conscious decision to leave sin and serve Jesus  
Understand that decision requires not only initial obedience, but continued service  
Such service is shown in a continued life walk of obedience  
Paul urged Timothy to *"exercise yourself toward godliness"*  
Contrasting with bodily exercise that *"profits a little"*  
Godly exercise has *"promise of the life that now is, and of that which is to come."* **1Tim 4:7,8**  
Consider a few spiritual "ex"ercises that should be a part of our daily routine.

### **Exaltation - Psalms 34:3**

Often hear "Praise God" when one obeys Gospel

Proper and right to do so as His grace brought the cleansing and opportunity

Yet, do we continue to "exalt His holy name".

When we fail to praise the Lord it is much easier to increase our estimation of self in our actions

Such exaltation include lifting His Word above our own, or others' desires and ideas - **Colossians 1:18**

Exaltation of the Lord keeps our focus on Him as Master and self as just a humble servant!

### **Examination - 2Corinthians 13:5**

Because of the constant danger of failure we must be vigilant in examination - **Daniel 5:27**

Regular examination is a common means of determining fitness and growth

Without such exams we cannot know where we need work to mature - **Hebrews 5:12-14**

Only way to access adherence to faith is to compare life to standard left by Jesus - **2Timothy 3:16-17**

### **Excellence - 1Thessalonians 4:1,10**

Throughout this letter Paul praised them for:

Their faith, love, and hope - **1Thessalonians 1:3**

Their example to others - **1Thessalonians 1:7-8**

Having received the gospel as the word of God - **1Thessalonians 2:13**

Their walk - **1Thessalonians 4:1**

Their love of one another - **1Thessalonians 4:9-10**

Then urges them to do more

Not be content with current or past accomplishments, but to increase

Already done much and grown in faith, but Paul says keep moving!

Someone said, "Even if you are on the right track, you'll get run over if you just sit there."

To stop is to fail in our spiritual life

Failure to grow will leave us vulnerable to future temptation

Constant vigilance and growth keeps us ahead of Satan - **1Peter 5:8**

### **Exhortation - Hebrews 10:24-25**

Daily exhortation is an encouragement to our brethren

It stirs us to greater service

Alone we are vulnerable, together we can thrive

Paul well knew the need of encouragement from brethren - **2Corinthians 11:24-28**

Wanted others to know they were not alone in their fight. - **Proverbs 15:23**

### **Exposing - Ephesians 5:11**

There will always be a need to stand firm

Sometimes this will require the exposure of those in error

We must give warning so that others are not taken in

Our silence may lead to another failing to understand the gravity of the situation and be lost

Failing to expose may even cause some to think a teaching is ok

Others may see our hypocrisy and decide to turn back rather than remain.

## **Exercise Is Needed**

Physical body needs exercise for strength and growth

Same is true of Spiritual strength and growth

We need strength - **1Corinthians 16:13**

Let us Ex-ercise!

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