

# The Limited Value of Exercise

## 1 Timothy 4:7-8

1838

**1 TIMOTHY 3:13**

one wife, and must manage his children and his household well. <sup>13</sup>Those who have served well gain an excellent standing and great assurance in their faith in Christ Jesus.

<sup>14</sup>Although I hope to come to you soon, I am writing you these instructions so that, <sup>15</sup>if I am delayed, you will know how people ought to conduct themselves in God's household, which is the church of the living God, the pillar and foundation of the truth. <sup>16</sup>Beyond all question, the mystery of godliness is great:

He appeared in a body, <sup>17</sup>was vindicated by the Spirit, <sup>18</sup>was seen by angels, <sup>19</sup>was preached among the nations, <sup>20</sup>was believed on in the world, <sup>21</sup>was taken up in glory.

**1839**

**1 TIMOTHY 4:7-8**

**4** The Spirit clearly says that in later times some will desert the faith and follow deceiving spirits and learn teachings that are hypocritical, saying that physical training is of some value, but godliness has value for all things, <sup>8</sup>holding promise for both the present life and the life to come.

<sup>9</sup>This is a trustworthy saying that deserves full acceptance. <sup>10</sup>And for this we labor and strive, that we may gain the hope in the living God, who is the Savior of all men, and especially of those who believe.

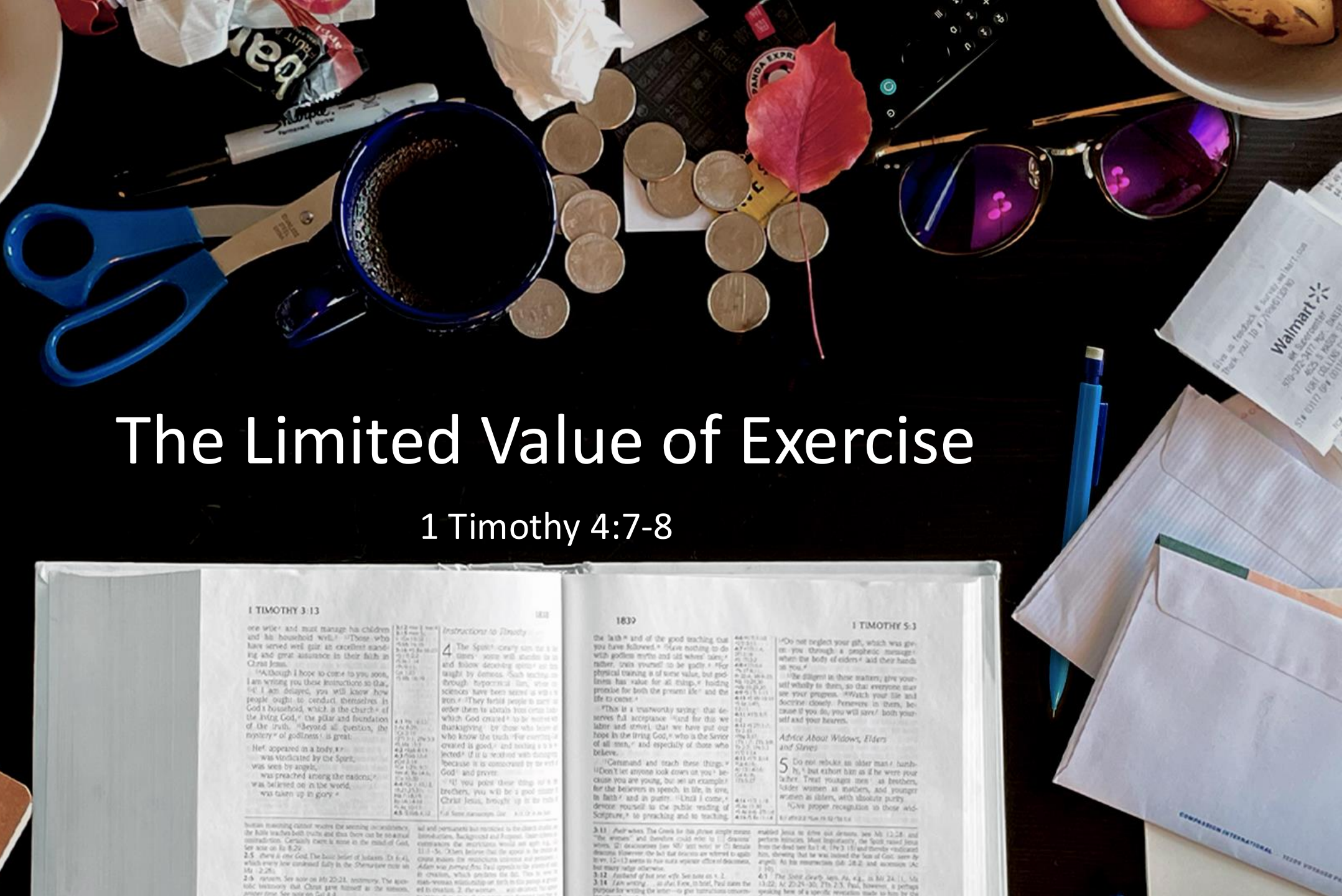
<sup>11</sup>Command and teach these things. <sup>12</sup>Do not let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity. <sup>13</sup>Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching.

<sup>14</sup>Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you. <sup>15</sup>Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. <sup>16</sup>Watch your life and doctrine closely; Persevere in them, because if you do, you will save both yourself and your hearers.

**Advice About Widows, Elders and Slaves**

**5** Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, older women as mothers, and younger women as sisters, with absolute purity. <sup>2</sup>Give proper recognition to those who do good works, as follows:

<sup>3</sup>For the widow, as follows: Let the widow first be a widow of one husband, <sup>4</sup>and be of good reputation, <sup>5</sup>and be a widow of at least six months, <sup>6</sup>and be a widow of a Christian, <sup>7</sup>and be a widow of a Christian, <sup>8</sup>and be a widow of a Christian, <sup>9</sup>and be a widow of a Christian, <sup>10</sup>and be a widow of a Christian, <sup>11</sup>and be a widow of a Christian, <sup>12</sup>and be a widow of a Christian, <sup>13</sup>and be a widow of a Christian, <sup>14</sup>and be a widow of a Christian, <sup>15</sup>and be a widow of a Christian, <sup>16</sup>and be a widow of a Christian, <sup>17</sup>and be a widow of a Christian, <sup>18</sup>and be a widow of a Christian, <sup>19</sup>and be a widow of a Christian, <sup>20</sup>and be a widow of a Christian, <sup>21</sup>and be a widow of a Christian, <sup>22</sup>and be a widow of a Christian, <sup>23</sup>and be a widow of a Christian, <sup>24</sup>and be a widow of a 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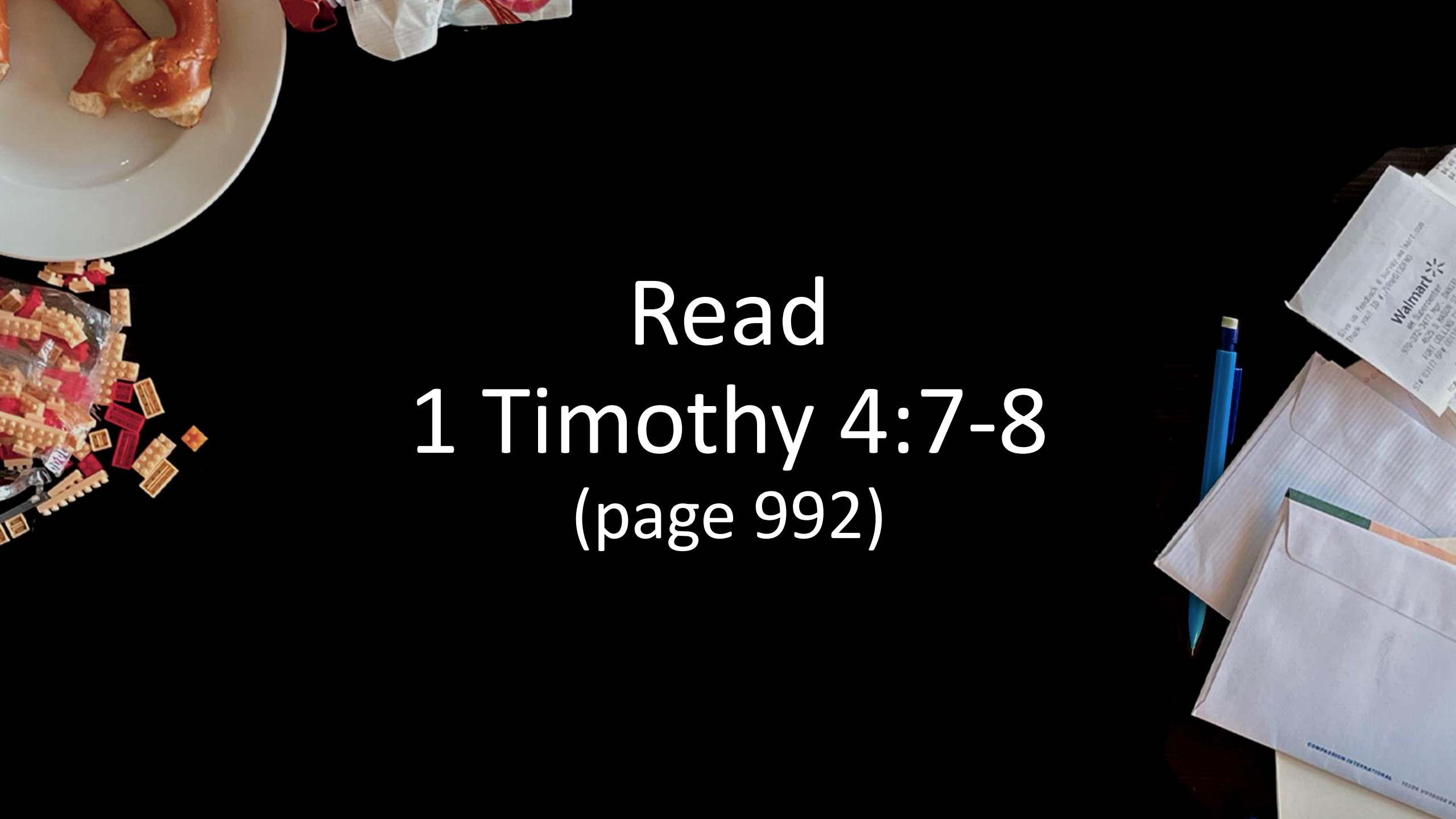
# What is Godliness?

In ALL of life:

- Knowing God more
- Become more Christ-like
- Obeying the Great Commandment

Empowered by Christ (the mystery  
godliness) dwelling in us.

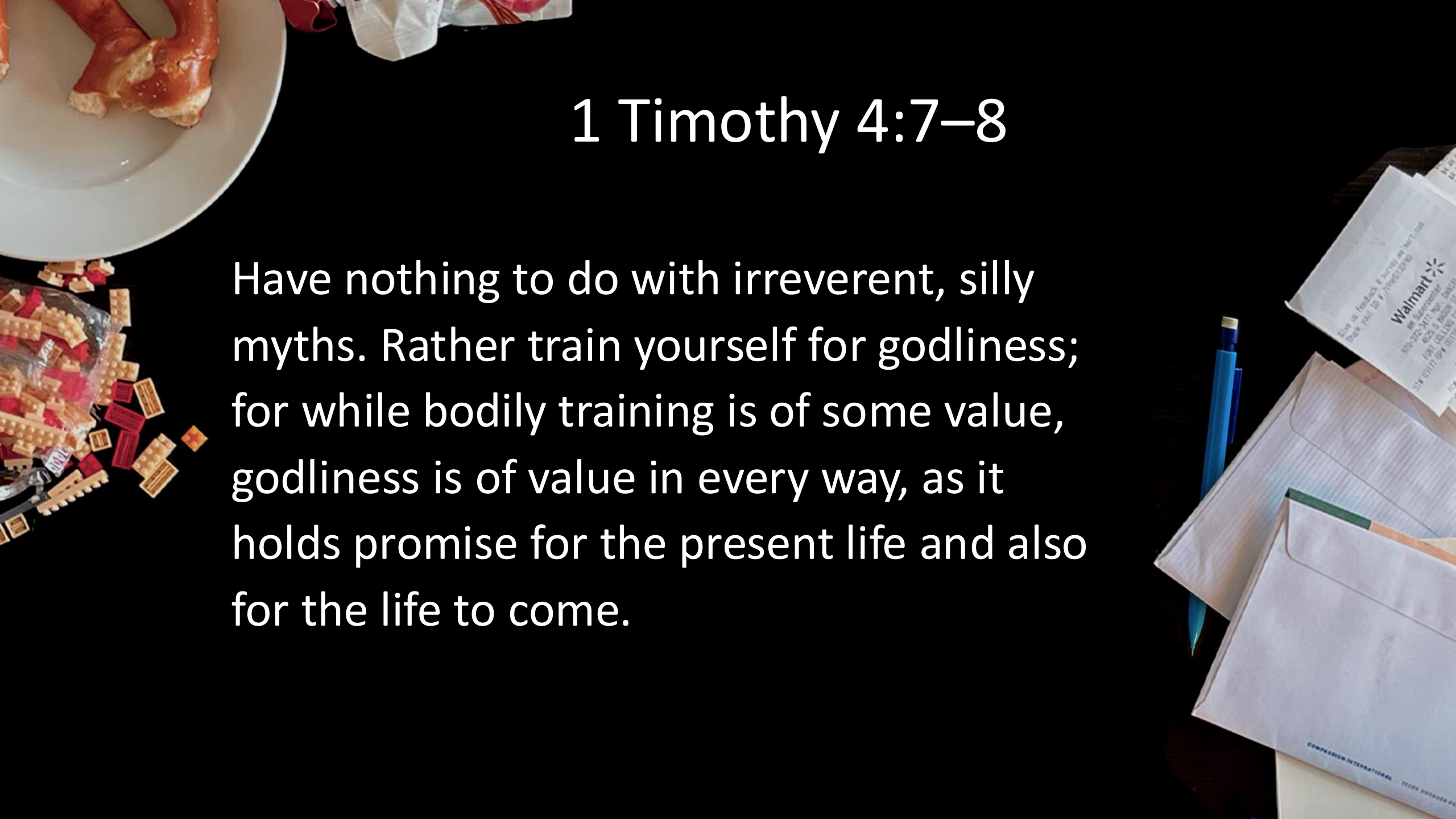




Read  
1 Timothy 4:7-8  
(page 992)

# 1 Timothy 4:7–8

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.



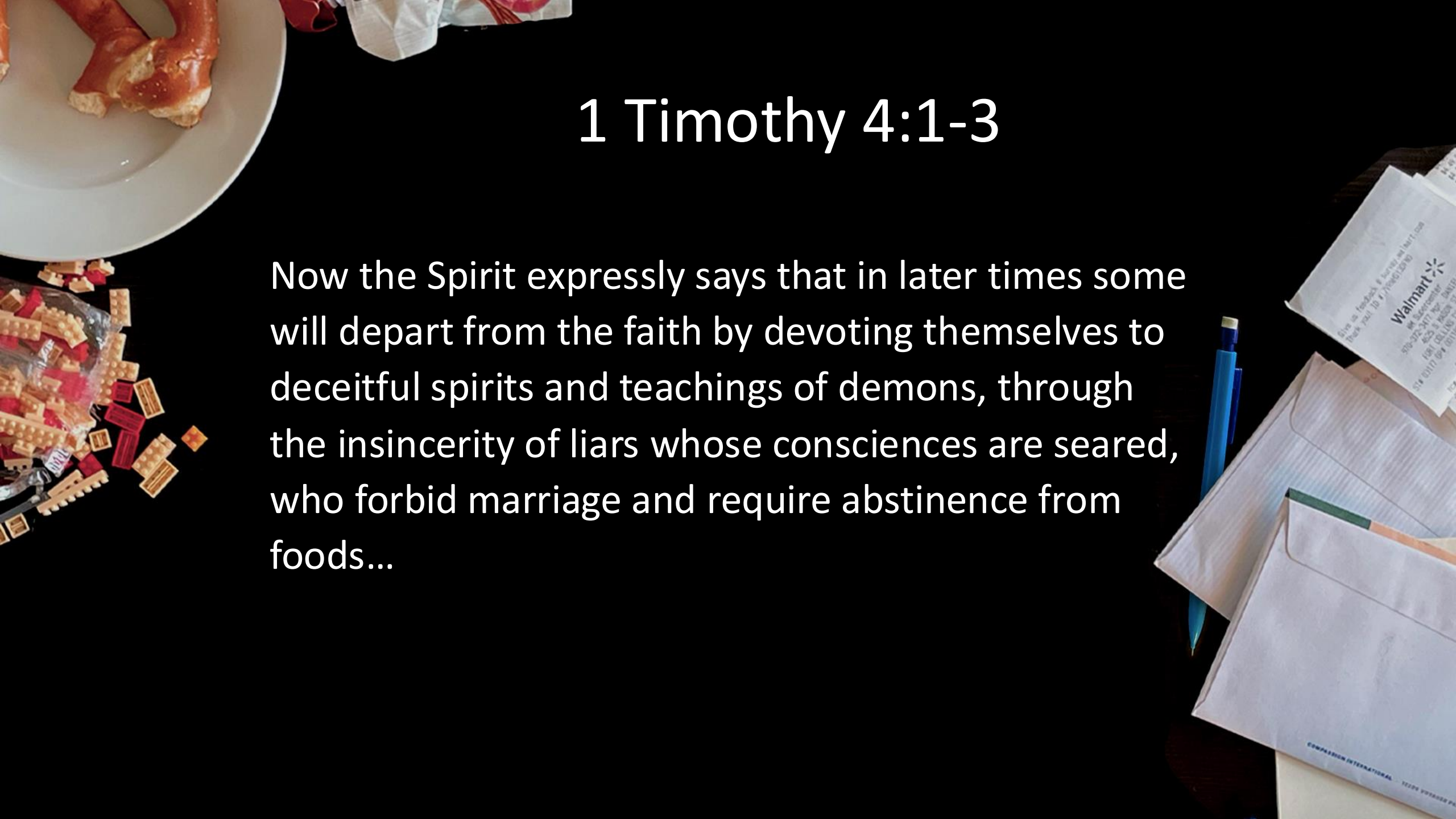
# 1 Timothy 4:7–8

## *Gymnazō*

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# 1 Timothy 4:1-3

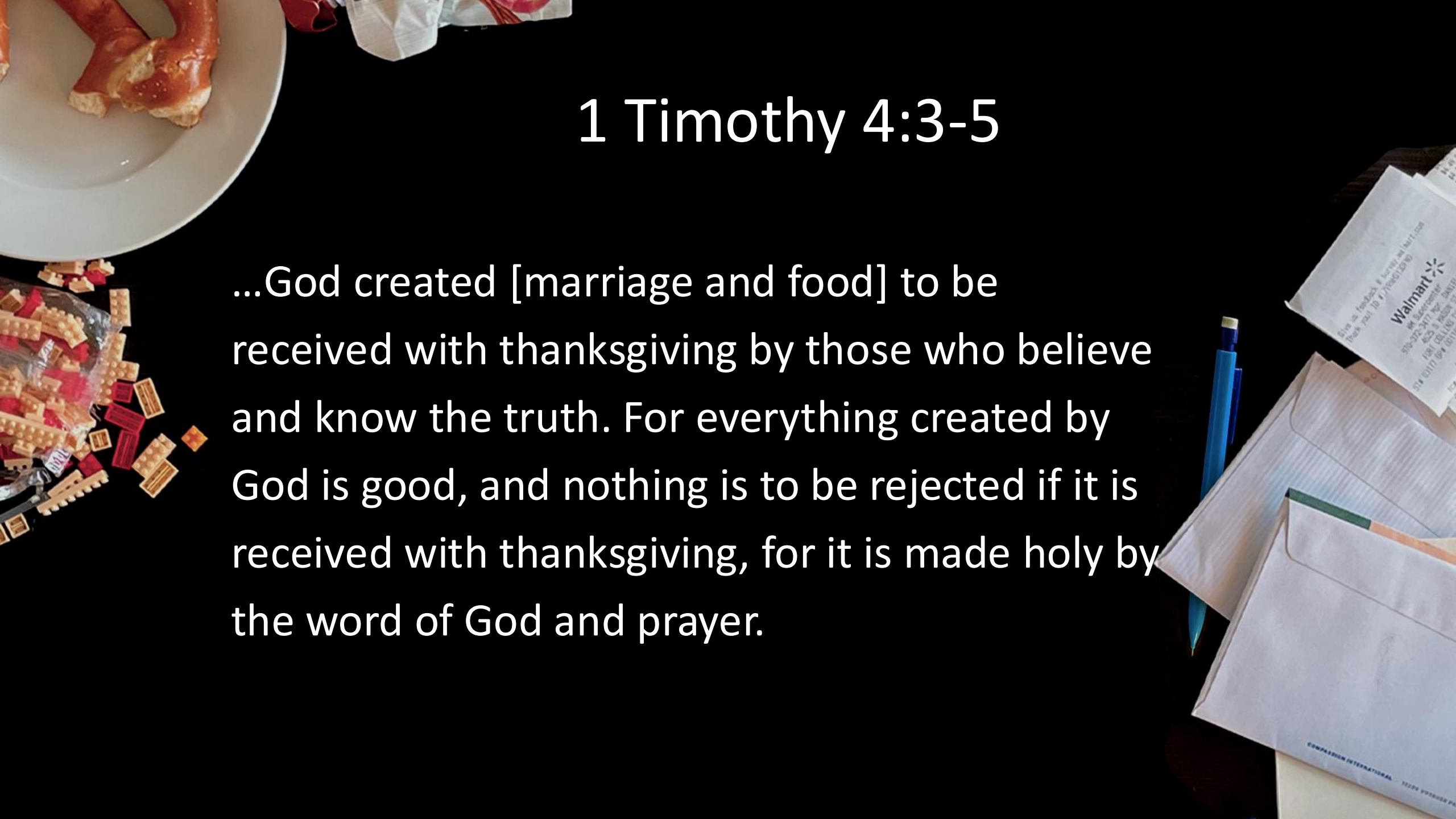
Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, through the insincerity of liars whose consciences are seared, who forbid marriage and require abstinence from foods...





# 1 Timothy 4:3-5

...God created [marriage and food] to be received with thanksgiving by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.





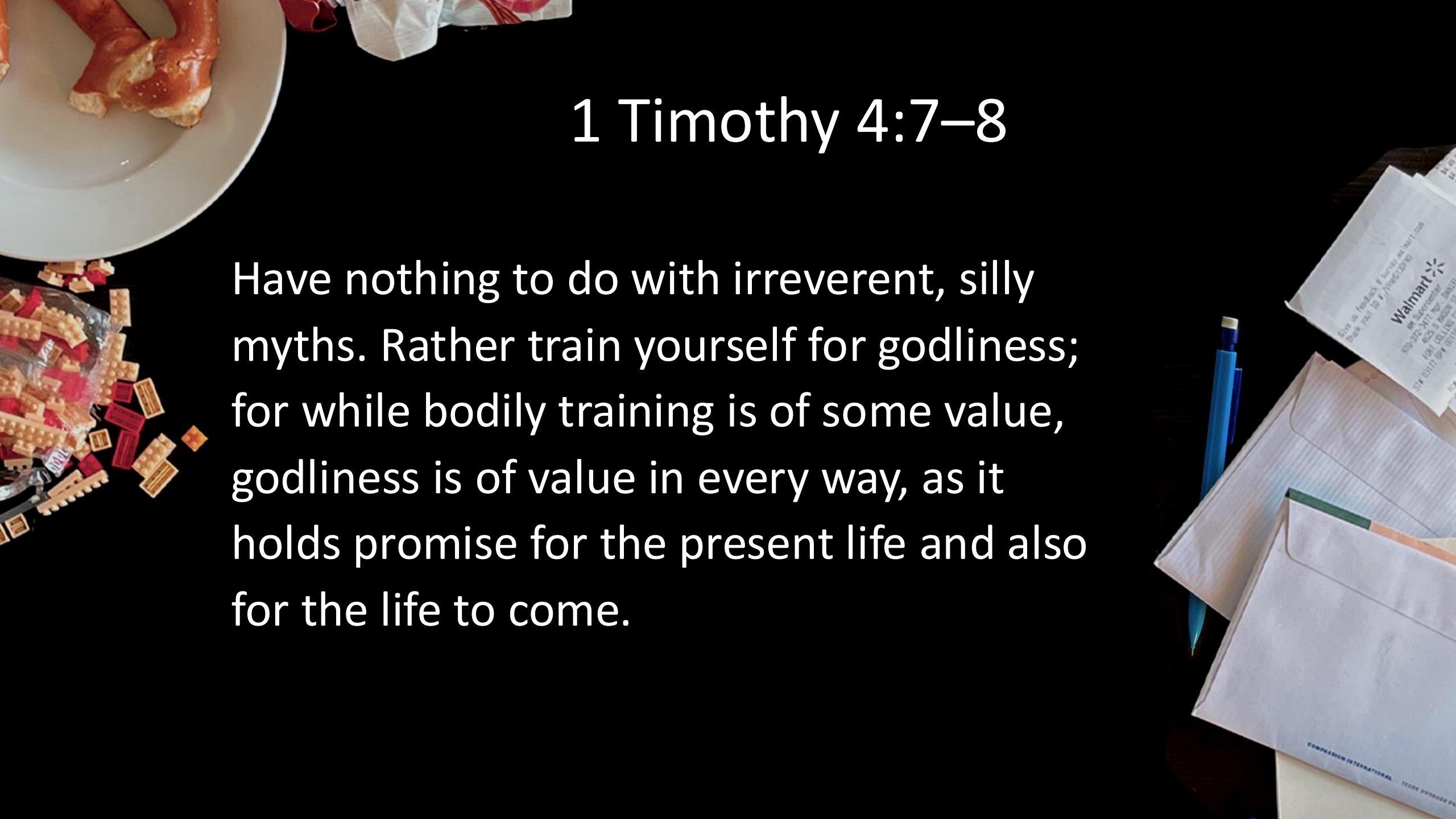
# 1 Timothy 4:6

If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed.




# 1 Timothy 4:7–8

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# 1 Timothy 4:7–8 conclusions

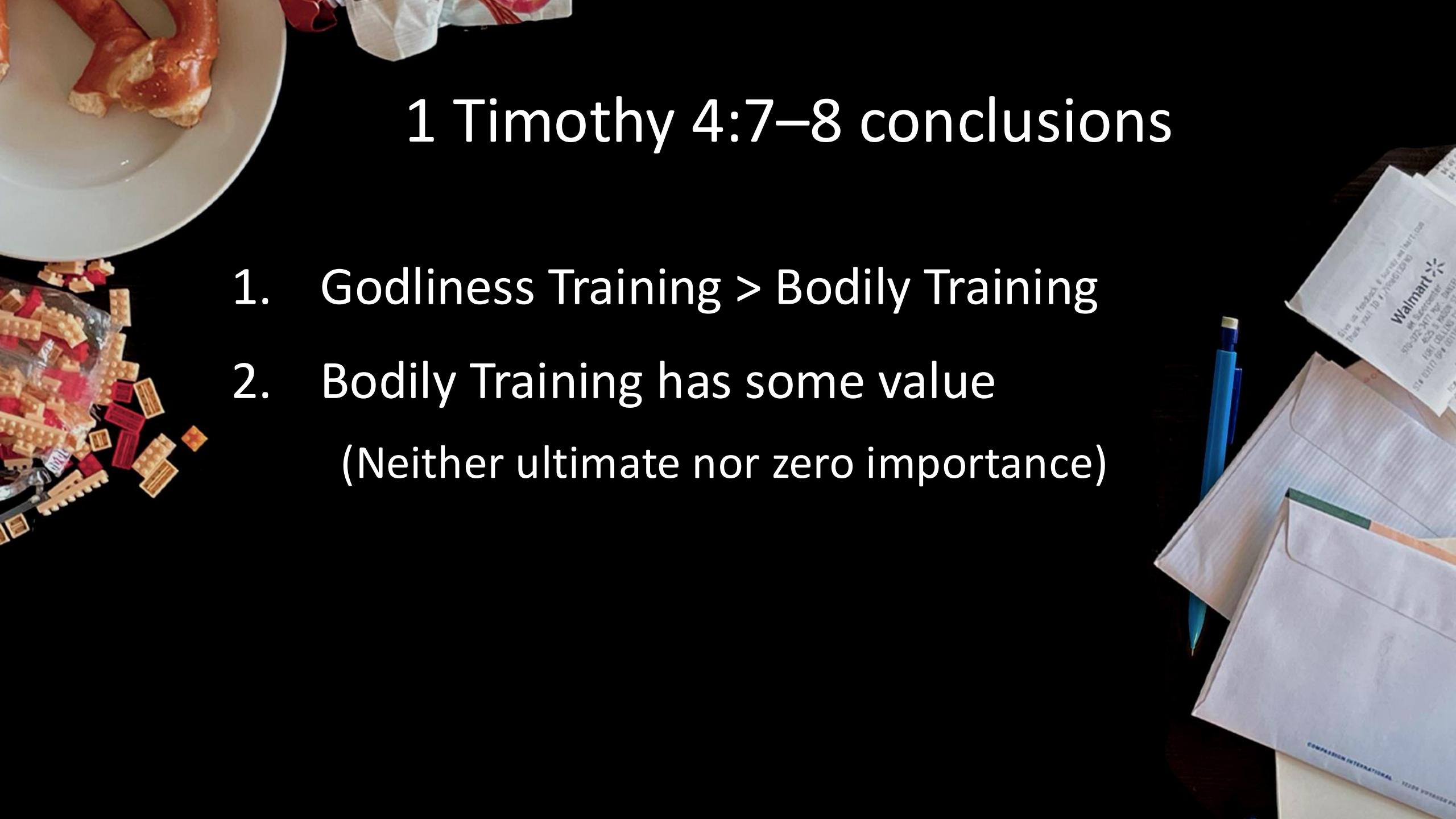
1. Godliness Training > Bodily Training





# 1 Timothy 4:7–8

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# 1 Timothy 4:7–8 conclusions

1. Godliness Training > Bodily Training
2. Bodily Training has some value  
(Neither ultimate nor zero importance)


# 1 Timothy 4:7–8

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# 1 Timothy 4:7–8 conclusions

1. Godliness Training > Bodily Training
  2. Bodily Training has some value  
(Neither ultimate nor zero importance)
  3. Bodily Training is an arena of our  
godliness training.
- 



By default, we compartmentalize exercise from our pursuit of godliness.

Let's review God's good news story regarding our bodies to discover the limited value of bodily training, and redirect exercise in aid of our training in godliness.







# God's good news story regarding our bodies

1. God created our bodies, calling them good.



# God's good news story regarding our bodies


## 2. Our sin corrupted our bodies



# God's good news story regarding our bodies

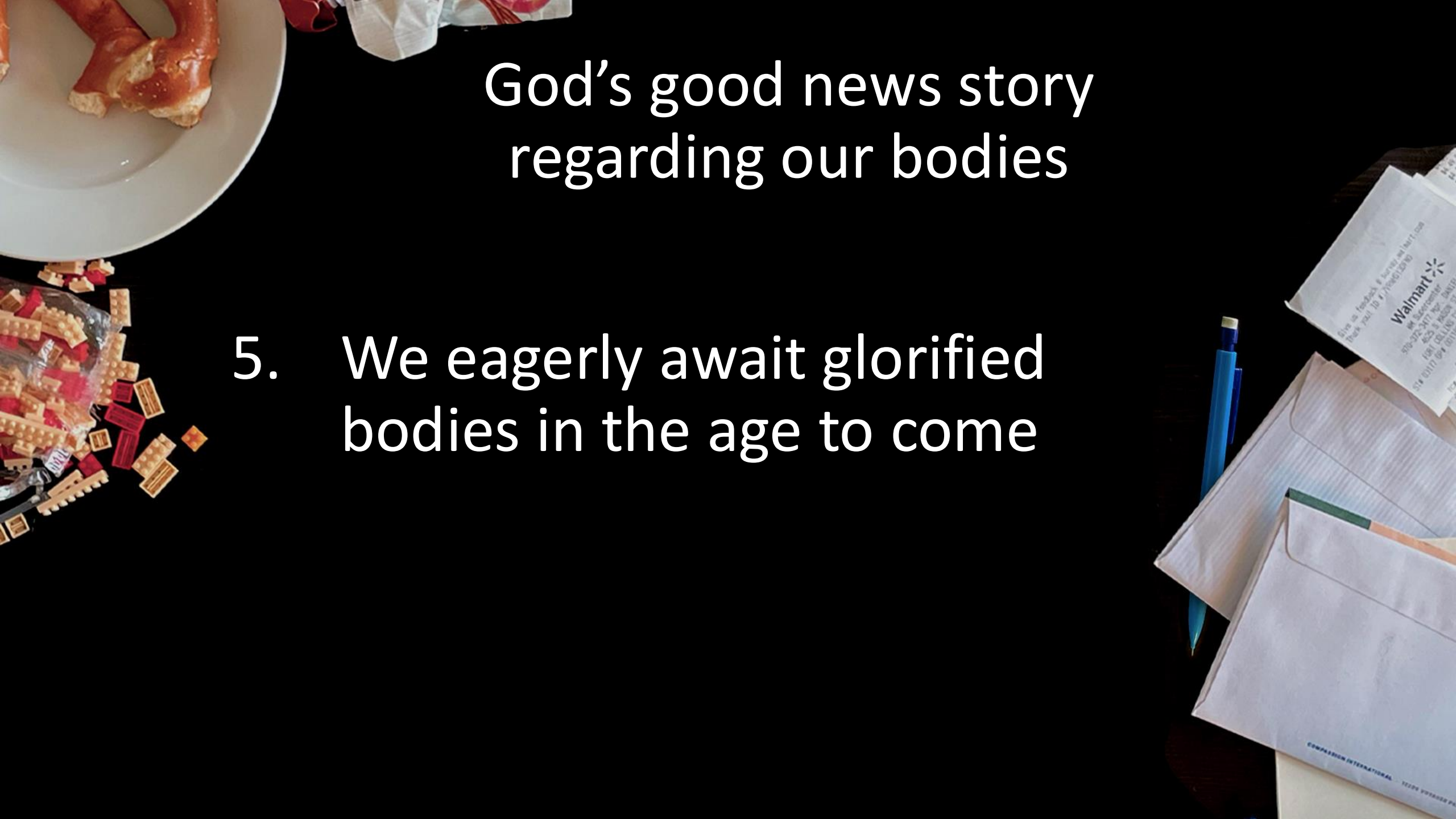
3. In Jesus, God took on  
a body to save us.





God's good news story  
regarding our bodies

4. Believers' bodies become  
temples of the Spirit for  
glorifying God



# God's good news story regarding our bodies

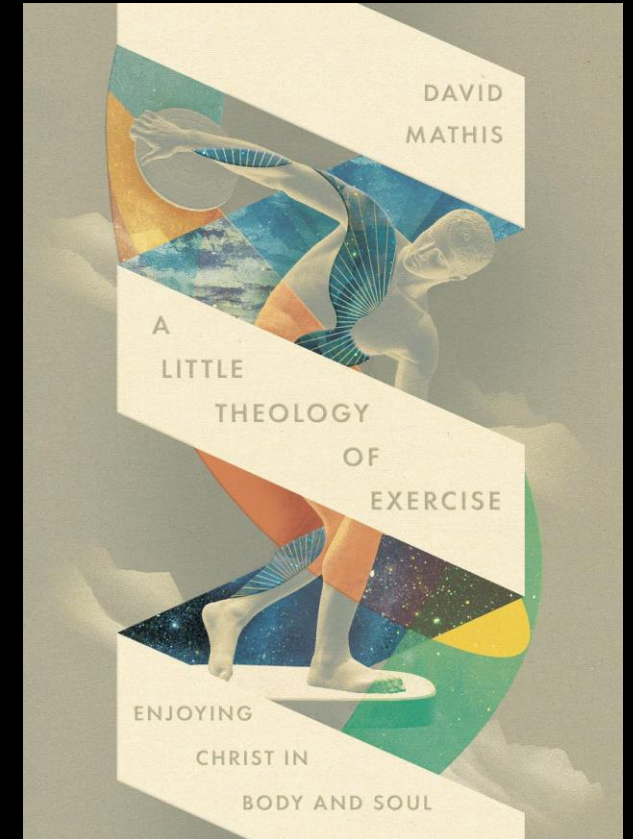
5. We eagerly await glorified  
bodies in the age to come

Exercise: it's limited value



# Exercise: it's limited value

“Exercise is a modern and recent phenomenon to help us get to the normal levels of movement for which God designed our bodies—for physical, mental, and emotional health.”





# Exercise: it's limited value

## Risks of non-exercise:

- Decreased mental productivity + energy
- Increased risk of:
  - Heart-related diseases
  - Pulled-muscles injuries
  - Depression



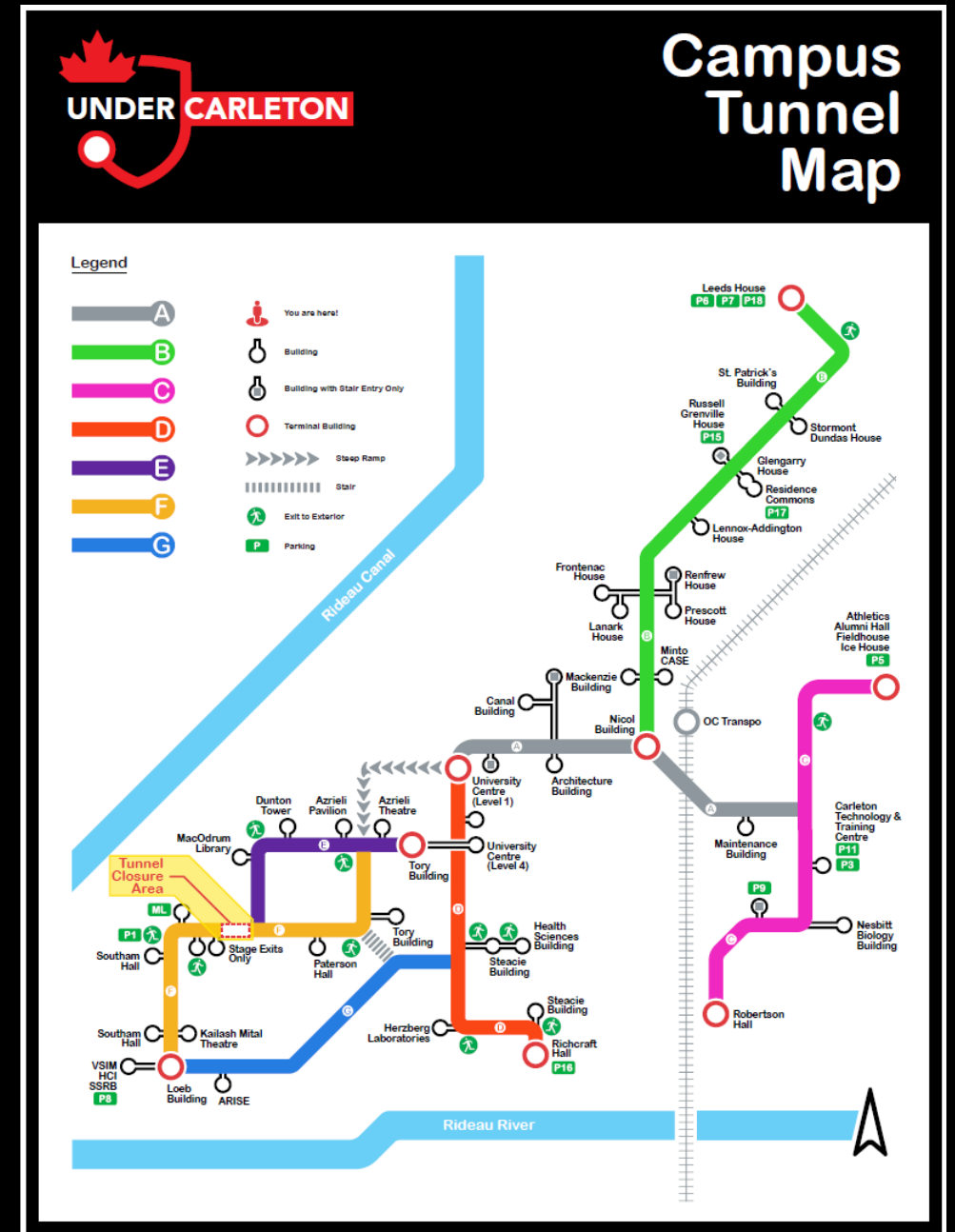
# Exercise: it's limited value

## Benefits of exercise:

- Improved sleep, blood pressure, and metabolic rate
- Improved productivity, digestion, and blood sugar regulation
- Decrease in cortisol levels
- Release of endorphins



# OTTAWA, CANADA



# Exercise: it's limited value

Spurgeon on the benefits of  
walking in God's creation...



C.H. Spurgeon

## Exercise: it's limited value

“...A mouthful of sea air, or a stiff walk in the wind's face, would not give grace to the soul, but it would yield oxygen to the body, which is next best.”



C.H. Spurgeon





Exercise: it's limited value

What myths have tempted you to overvalue/undervalue bodily training?




Over/under valuing bodily training

Myth #1 Bodily exercise & diet aren't important. What matters is discipleship.



Over/under valuing bodily training

Myth #2 If I exercise and diet correctly, I'm guaranteed to live better and longer.

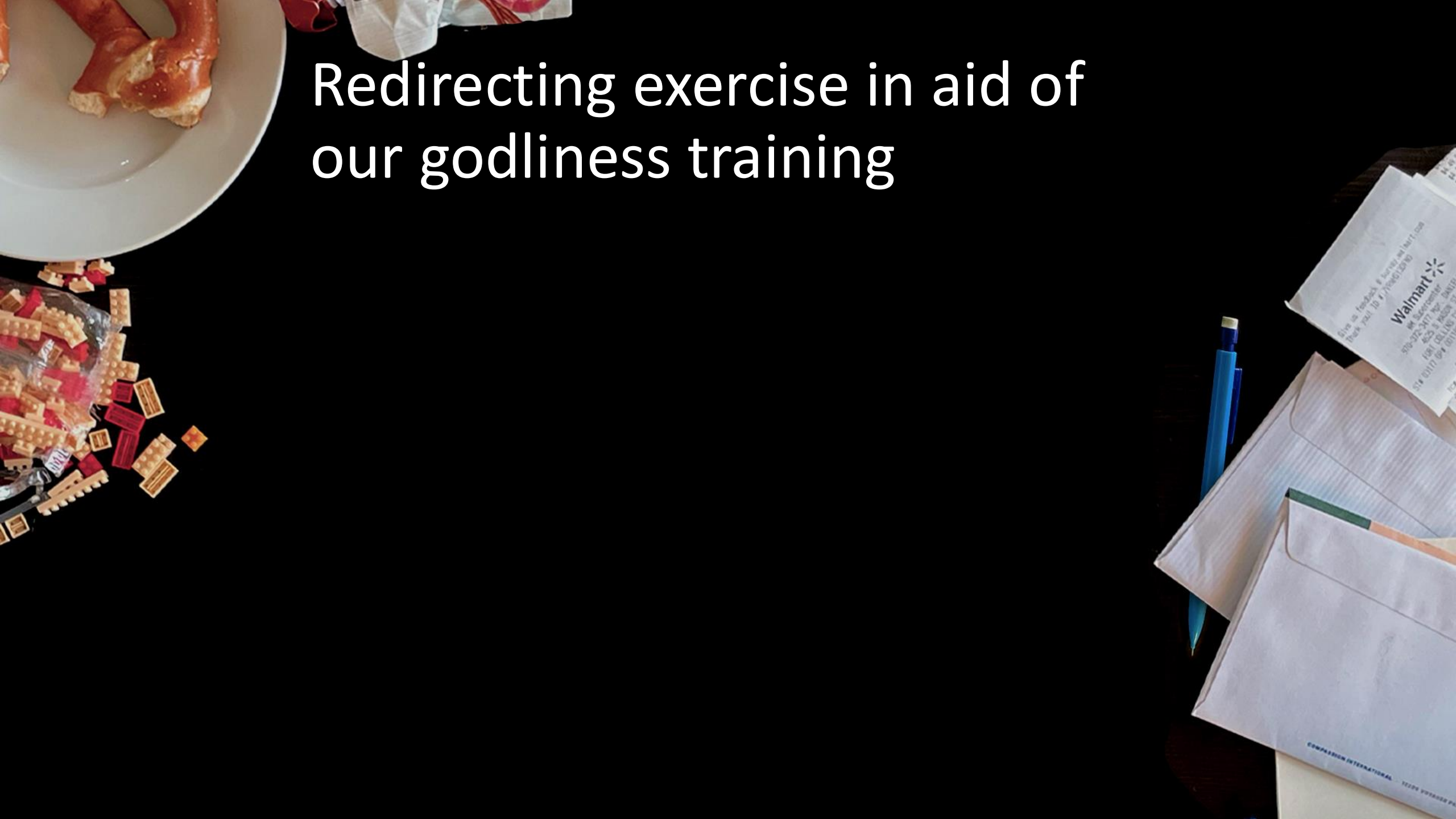




Over/under valuing bodily training

Myth #3 My athletic  
accomplishment/weight/  
physical appearance will make me  
valuable and loved.






Redirecting exercise in aid of  
our godliness training




Redirecting exercise in aid of  
our godliness training

Connect prayer with your  
exercise



# 1 Timothy 4:3-5

...God created [marriage and food] to be received with thanksgiving by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.



Redirecting exercise in aid of  
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Connect prayer with your  
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“You say grace before meals.

All right.

But I say grace before the play and the opera,

And grace before I open a book,

And grace before sketching, painting,

Swimming, fencing, boxing, walking,

playing, dancing;

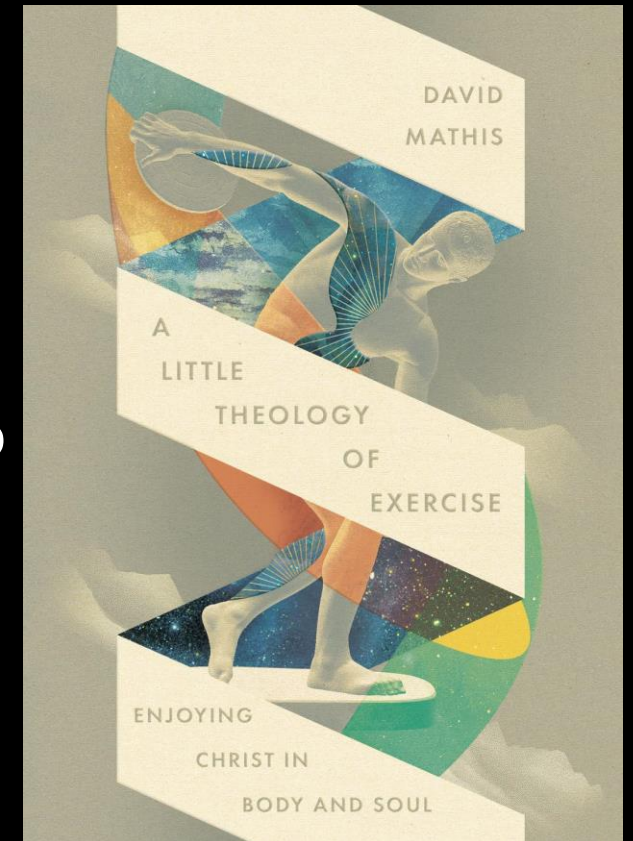
And grace before I dip the pen in the ink.”



G.K. Chesterton

# Redirecting exercise in aid of our godliness training

“Father, give me the drive to push my body beyond what is merely comfortable, to “discipline my body and keep it under control” (1 Corinthians 9:27), and work in me, by your Spirit, so that physical training serves the ripening of the spiritual fruit of self-control (Galatians 5:23).”

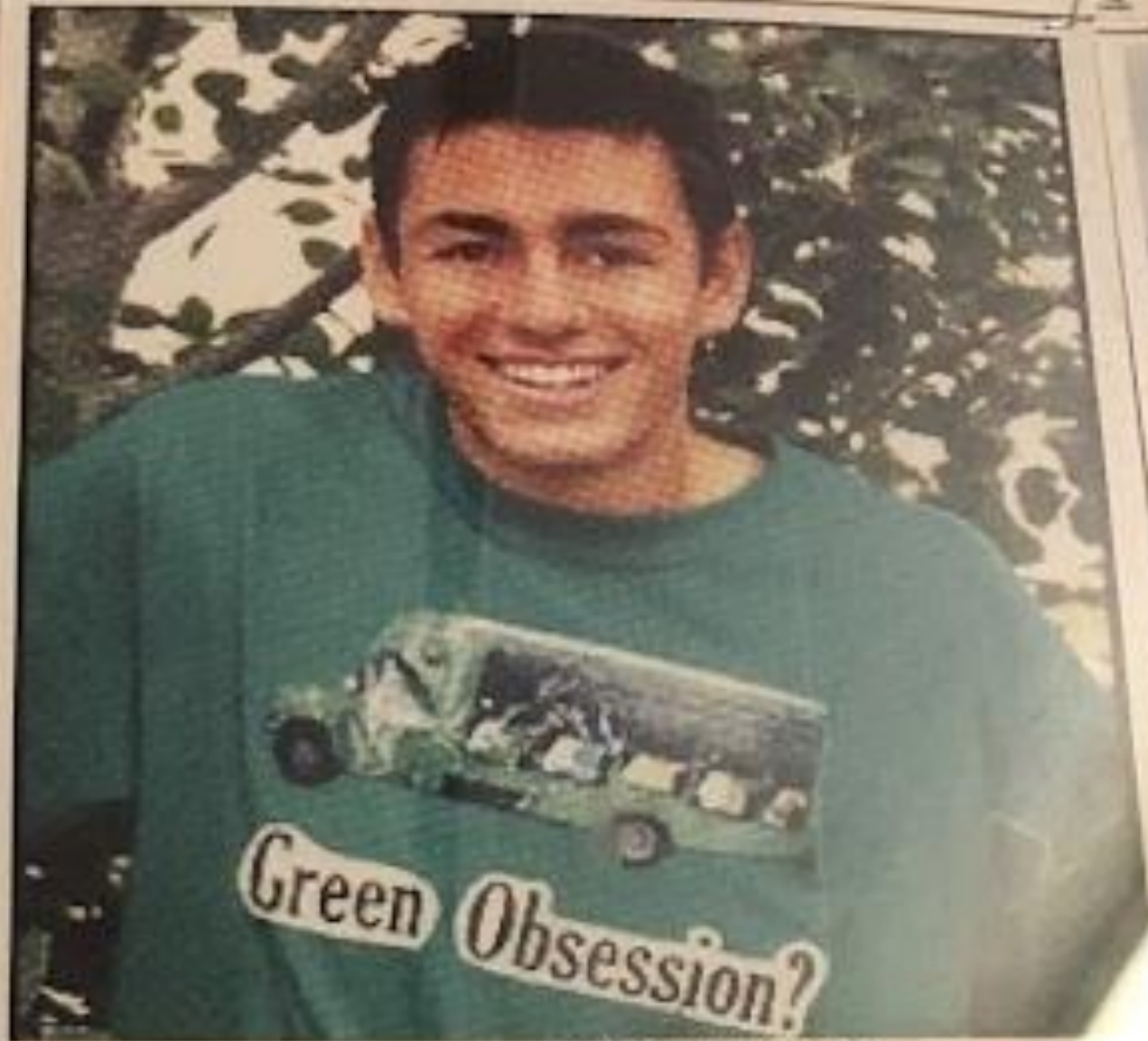


A dark wooden table with various items on it. In the top left, a white plate holds a large, golden-brown pretzel. Below the plate, a pile of colorful cereal (orange, red, and yellow) is scattered. In the bottom right, a Walmart receipt is visible, partially covered by a blue pen and several white envelopes. The receipt has the Walmart logo and some text, including 'Give us feedback & serve our best' and 'Thank you!'. The blue pen is lying horizontally. The white envelopes are stacked, with one showing the text 'COMPASSION INTERNATIONAL' and 'TEENY VOTERED PA'.

# Redirecting exercise in aid of our godliness training

Other workout prayers:

- Thanks for body parts that function
- Greater dependence on God's Spirit
- Interceding for others that come to mind
- Utilize boost in energy to serve others
- Glorify God through enjoying it



JOHN LARSEN







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