

The Limited Value of Exercise

1 Timothy 4:7-8

1 TIMOTHY 3:13

and must manage his children and his household well.¹⁷ "Those who are served well gain an excellent reward and great assurance in their faith in Christ Jesus.

"Although I hope to come to you soon, am writing you these instructions so that, '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, 'beyond all question, the mystery' of godliness is great.

He appeared in a body,
was anointed by the Spirit,
was seen by angels,
was preached among the nations,
was believed on in the world,
was taken up in glory.

5. **Is Jesus the only way to God?** See note on Mt 20:21, *eschatology*. The apocalyptic imagery that Christ gave himself at the baptism, see note on Jn 3:16.

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4 The Spirit "counsel" us to
wise - some will choose
and follow decisions good
as taught by demons. Such teaching
through hypocritical men, who
SCIENCE have been misled by
PROFESSORS.¹ They foolish people in
order to obtain their ends come
which God caused² to be written
thanksgiving by those who have
who know the truth. "For every
created is good,"³ and nothing is
evil; if it is useless with damage
because it is contaminated by the
God, and driven

11 If you point these things out to them, you will be a good teacher of Christ Jesus, brought up in the truth. 12 Full-time evangelists, like you, are to be

and permanent law recorded in the church's regulations, background and Appendix, illustrates the importance which was given to the 1850. Others believe that the appeal to the men and the women, the missionaries, converts and permanent law formed this dual approach to the organization, which predates the 1850. This is a two-headed mastodons with both the power of creation, 2. the woman, was decided. The

1832

1639
math" and of the good teaching that
I have followed. "Have nothing to do
with godless myths and old wives' tales;
keep yourself to godly things." For
scriptural training is of some value, but god-
liness has value for all things." Holding
such a view for both the present life and the
eternal life.

This is a trustworthy saying: that Jesus is full acceptable "and for this we have come into the world, and strive; that we have put our trust in the living God," who is the Savior of all men, "and especially of those who believe."

Citizend and teach these things. Don't let anyone look down on you; because you are young, but set an example. Believe in speech, in life, in love, with it and in purity. "Until I come," said yourself to the public reading of scripture, "to preaching and to teaching."

their wives. The Greeks for this phrase simply "wives", and therefore could refer to 10-12 (12) descendants (from 100% birth rate) or 1200. However the fact that these are referred to 12-12 adults in the mata warden office of the day suggests otherwise.

1 TIMOTHY 5:1

gift, which was an atmospheric message from God that binds us.

the matters, give yourself so that everyone may. Watch your life and never in them, be will save both your

Wives, Elders

an older man's husband
as if he were your
brother, and younger
with absolute purity
regarding to those who

10. See Mt. 12:28; and
11. The Spirit raised Jesus
from the dead and thereby vindicated
the Son of God; *see by*
Mt. 28:2, and *ascension* *Ac*
1:9, e.g., in Mt. 24:11. Ma-
tthew, however, it perhaps
intended to make us know by the

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

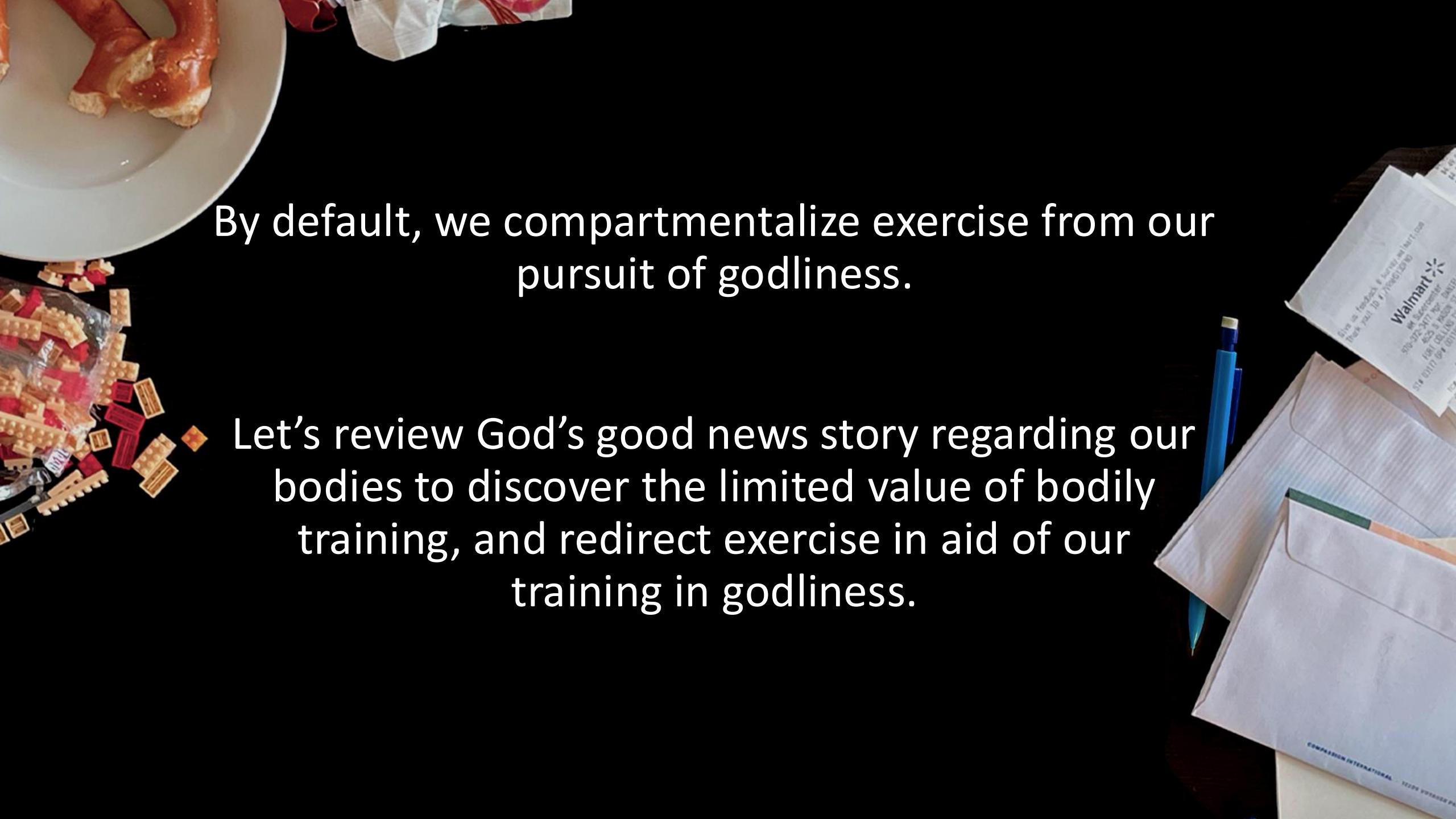
1. Godliness Training > Bodily Training
2. Bodily Training has some value
(Neither ultimate nor zero importance)

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.



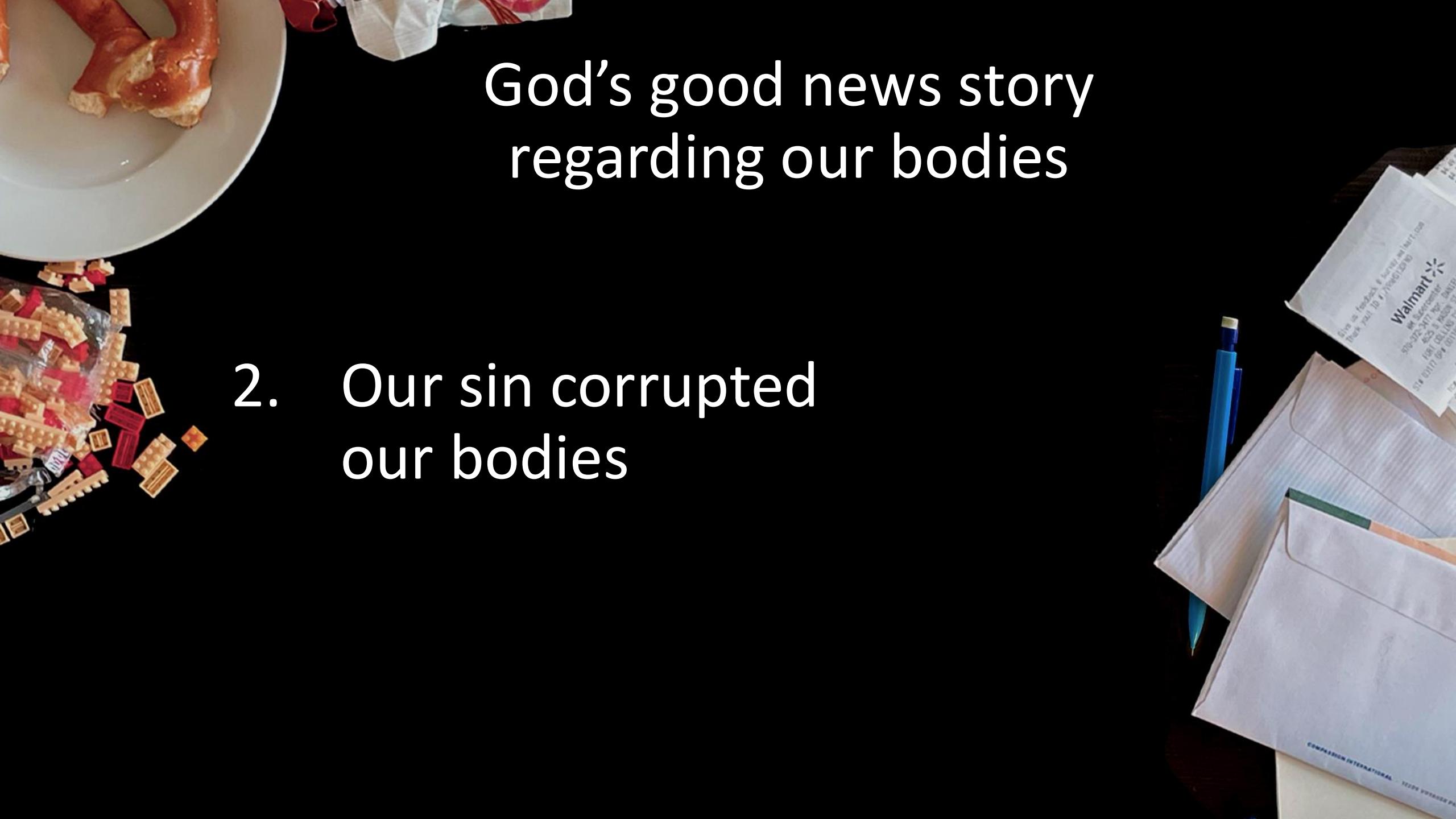
By default, we compartmentalize exercise from our pursuit of godliness.

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.



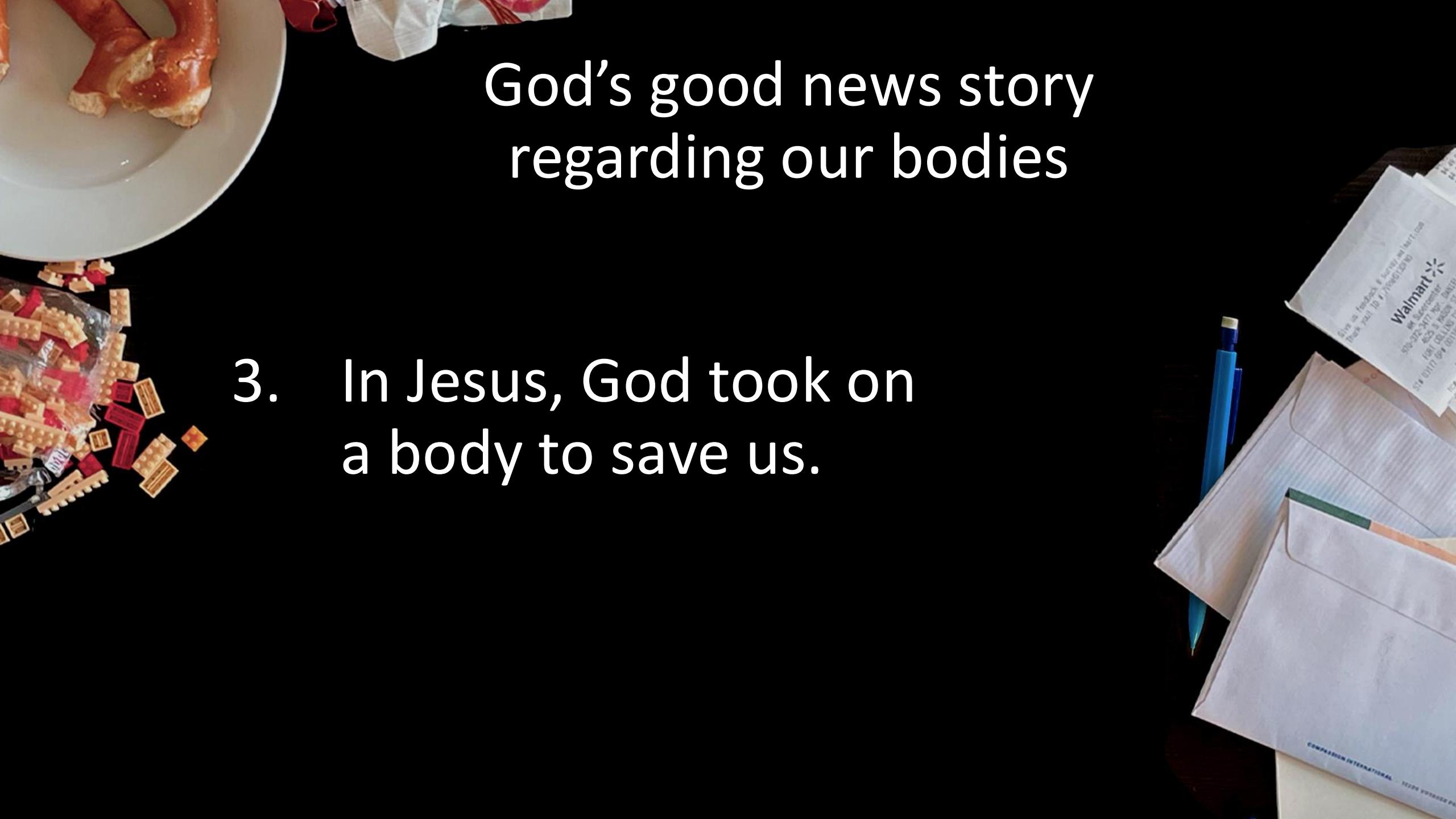
God's good news story regarding our bodies

1. God created our bodies, calling them good.



God's good news story regarding our bodies

2. Our sin corrupted
our bodies



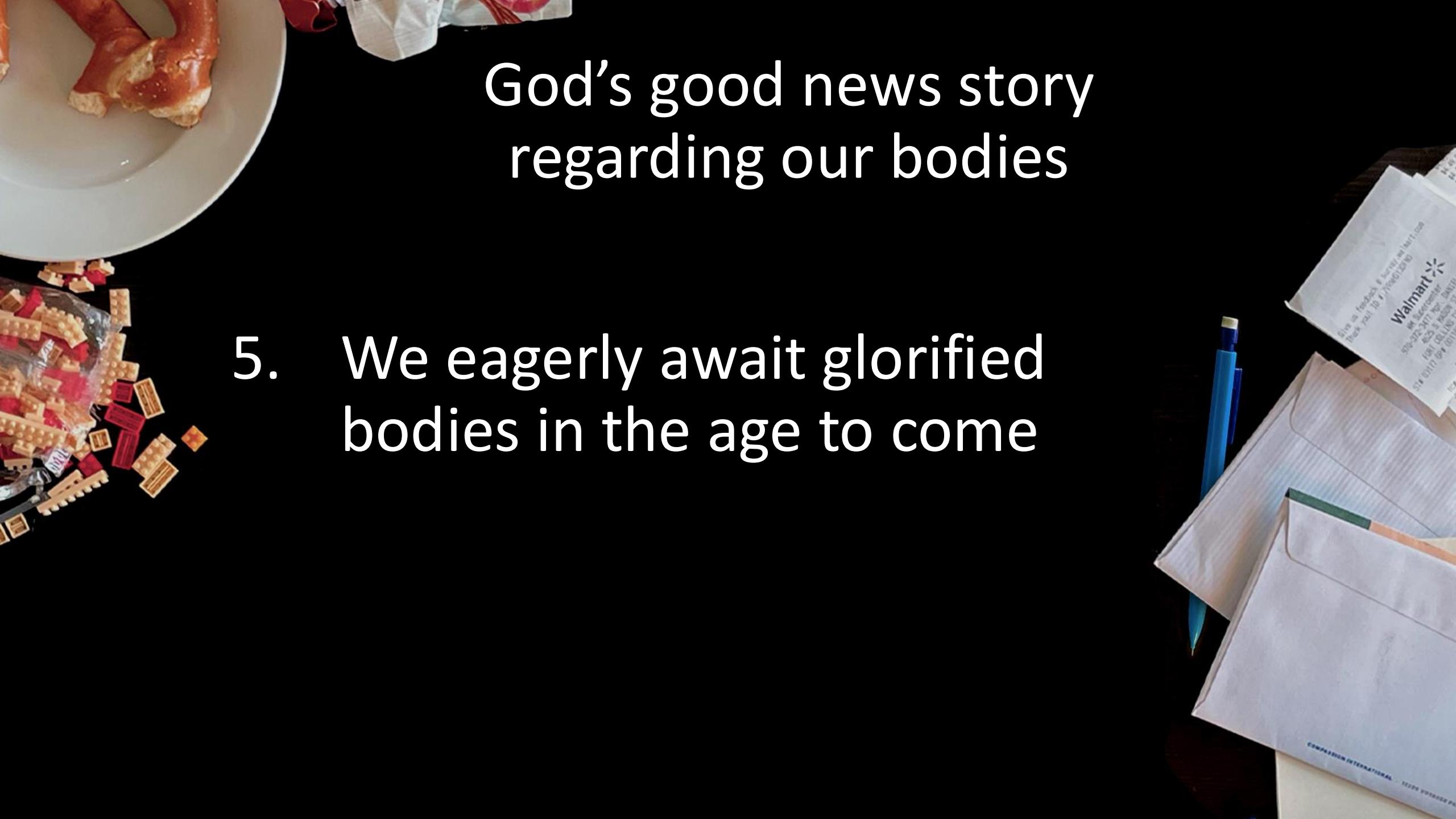
God's good news story regarding our bodies

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



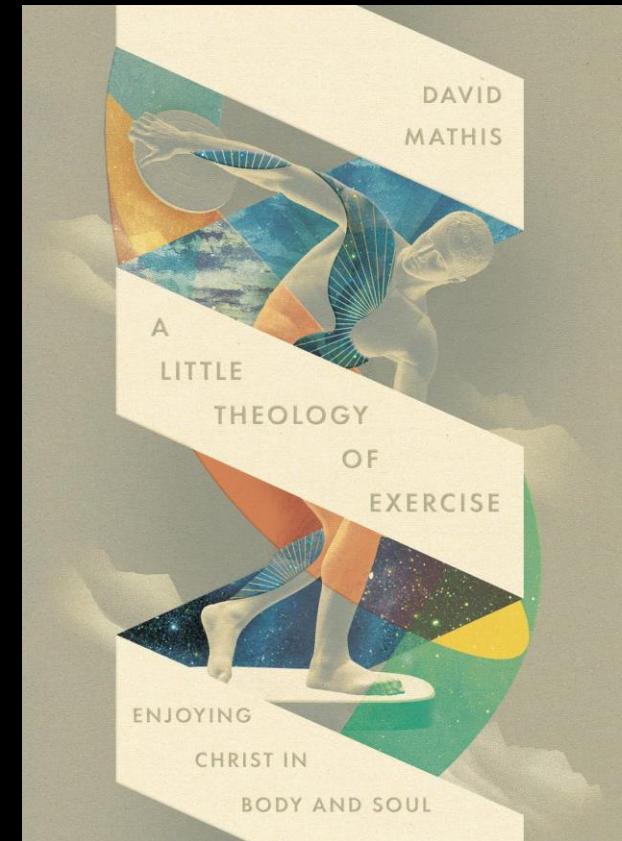
God's good news story regarding our bodies

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

Exercise: it's limited value

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“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:

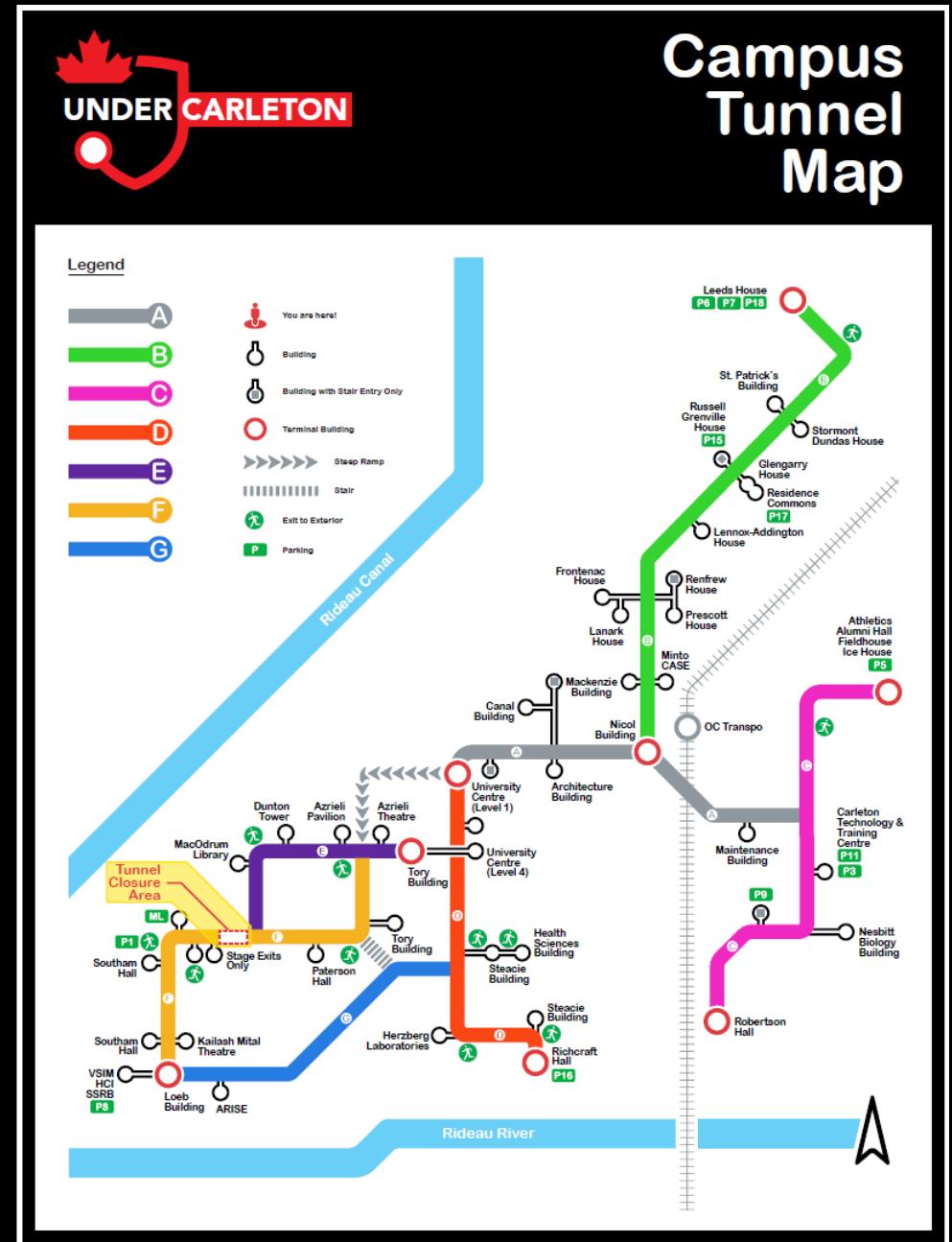
- Decreased mental productivity + energy
- Increased risk of:
 - Heart-related diseases
 - Pulled-muscles injuries
 - Depression

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...



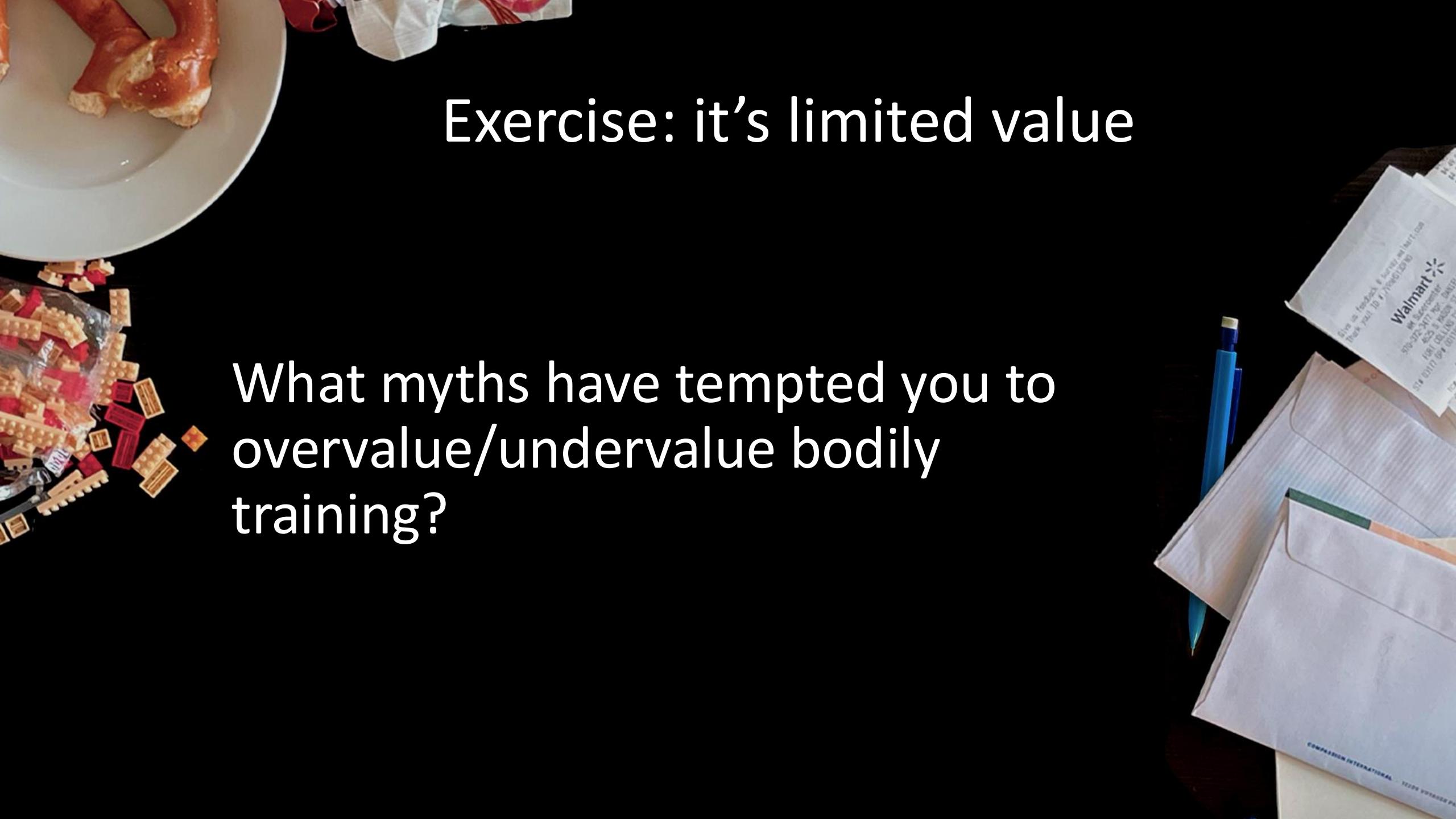
C.H. Spurgeon

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

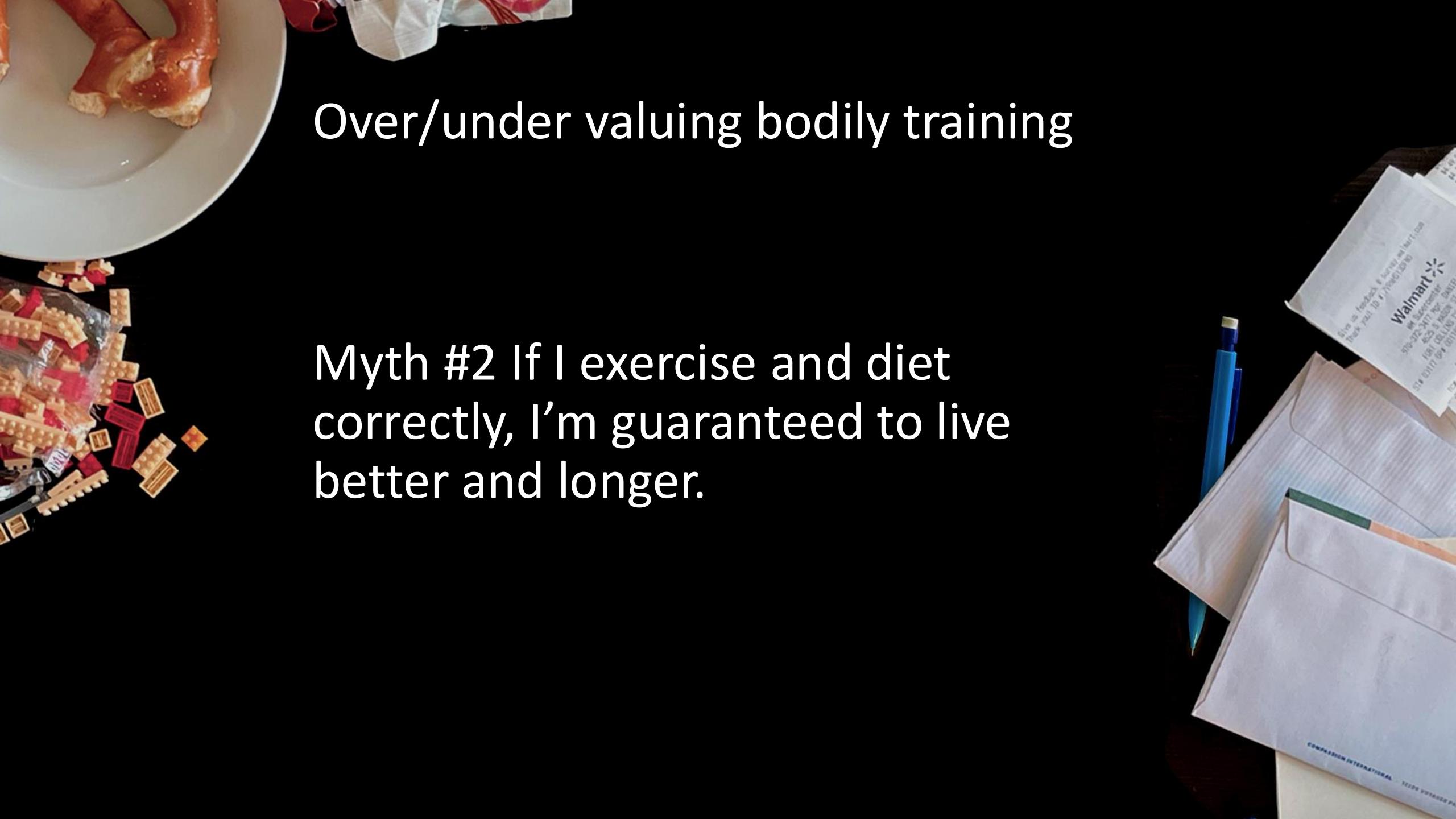


Exercise: it's limited value

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

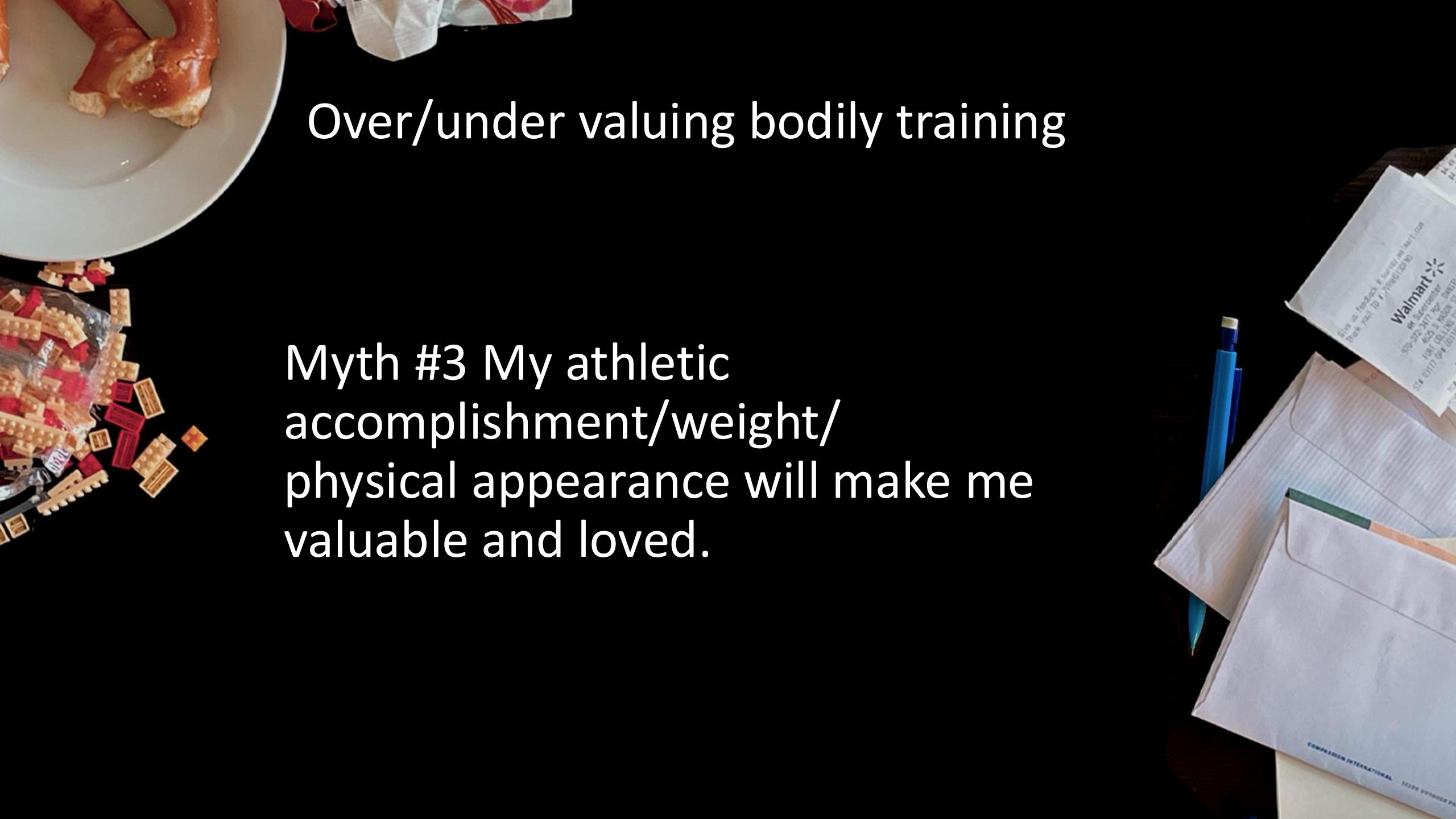
Over/under valuing bodily training

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



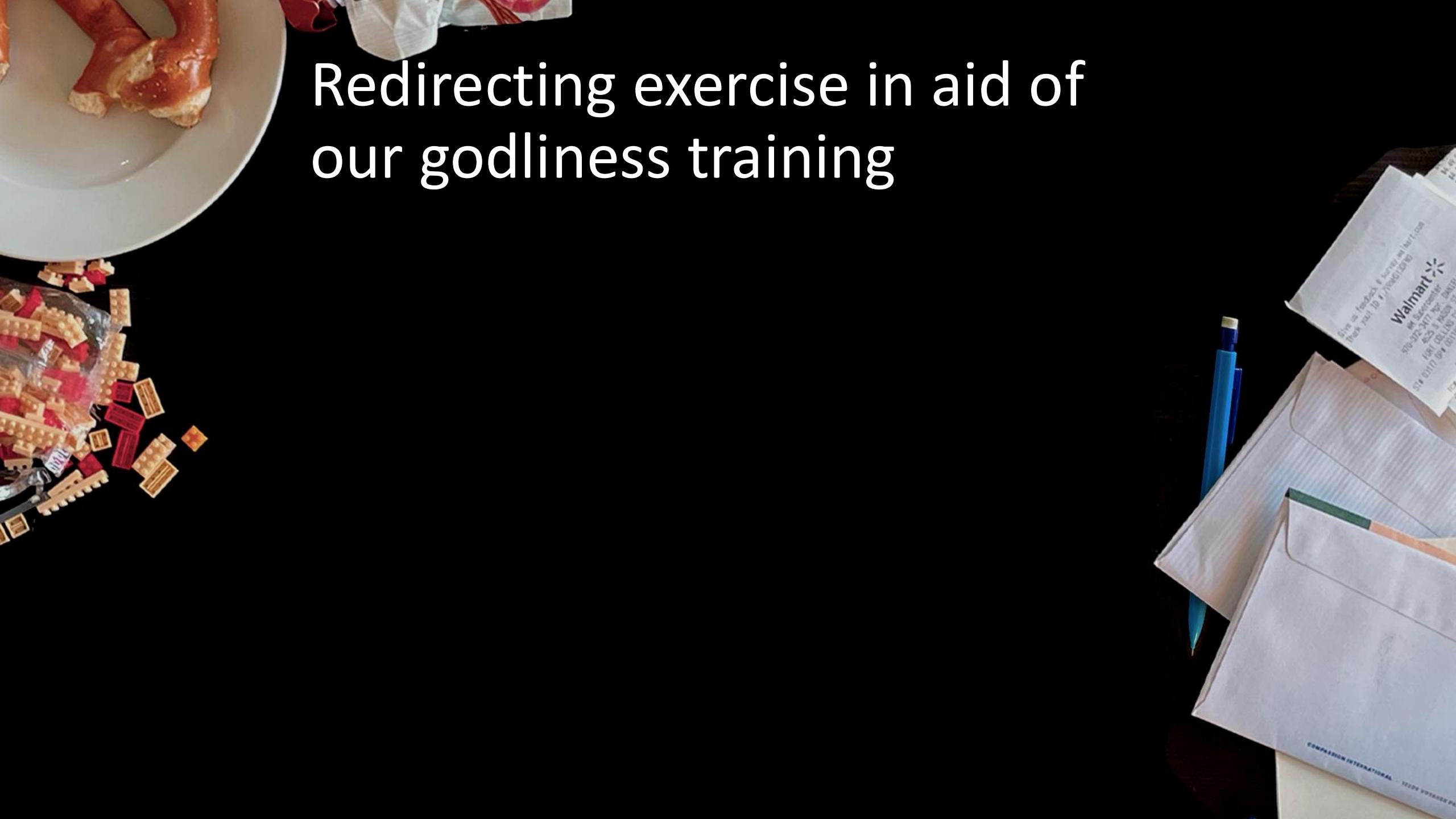
Over/under valuing bodily training

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

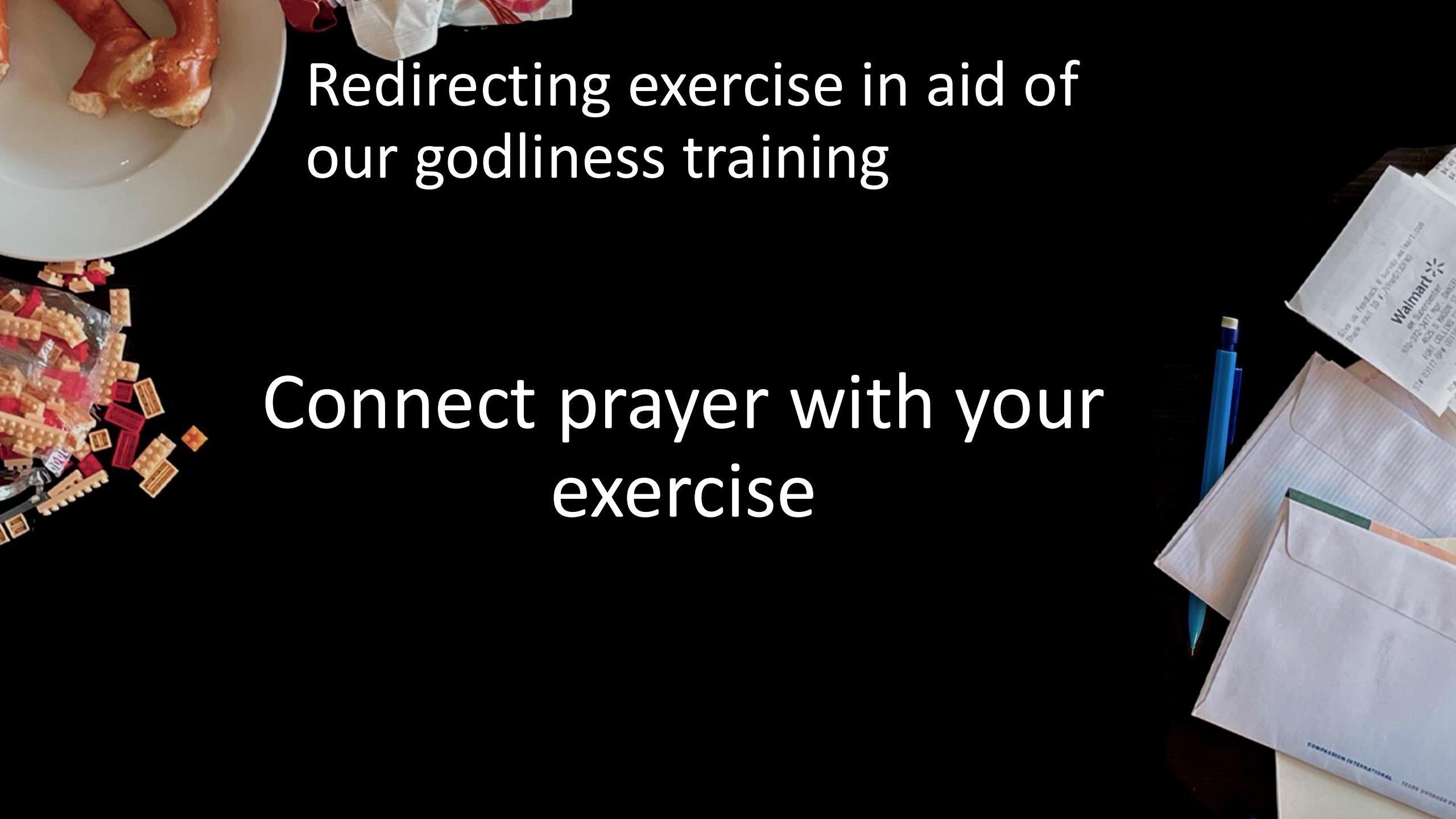


Over/under valuing bodily training

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



Redirecting exercise in aid of our godliness training

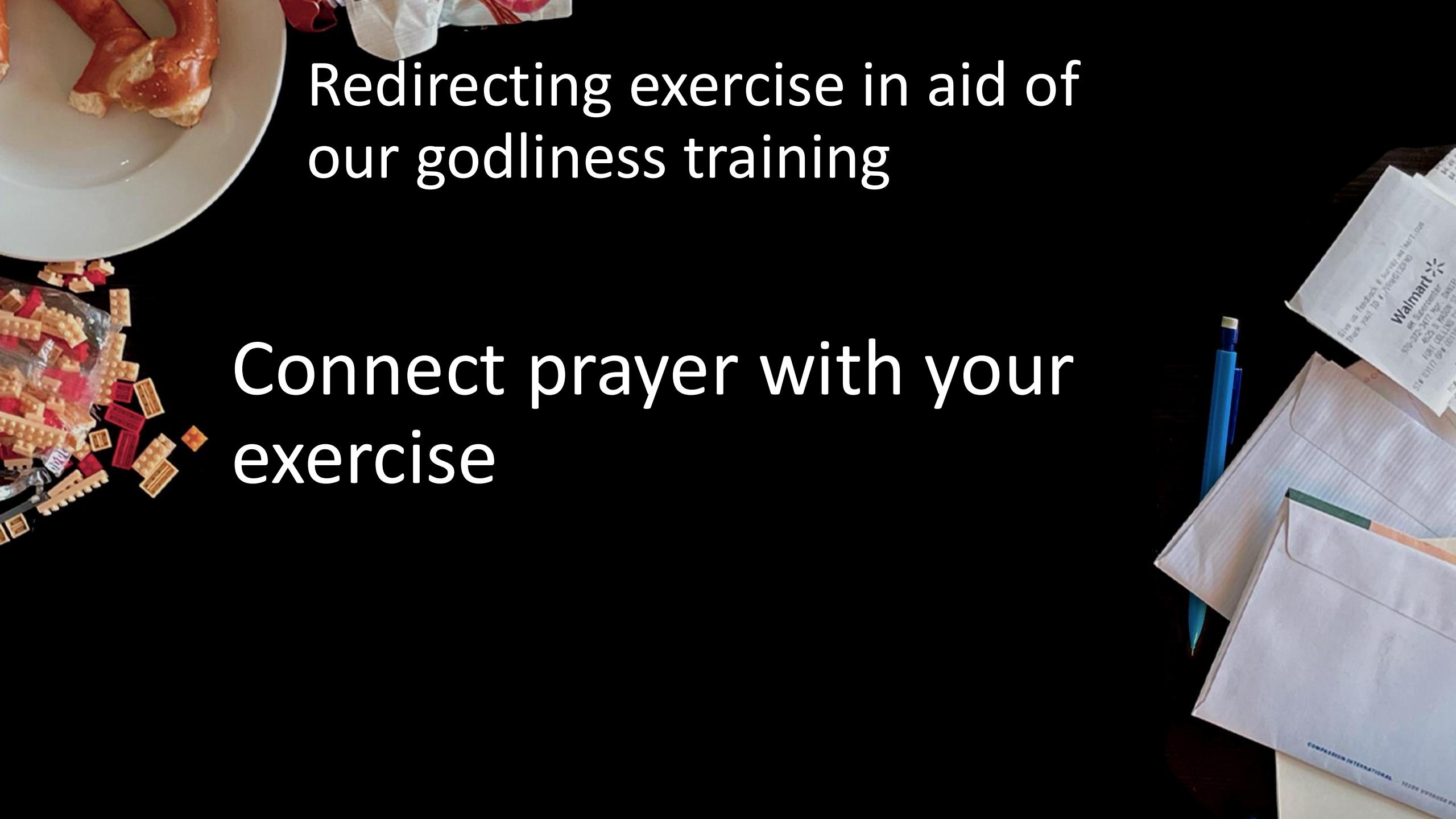


Redirecting exercise in aid of
our godliness training

Connect prayer with your
exercise

1 Timothy 4:3-5

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Redirecting exercise in aid of
our godliness training

Connect prayer with your
exercise

“You say grace before meals.

All right.

But I say grace before the play and the opera,

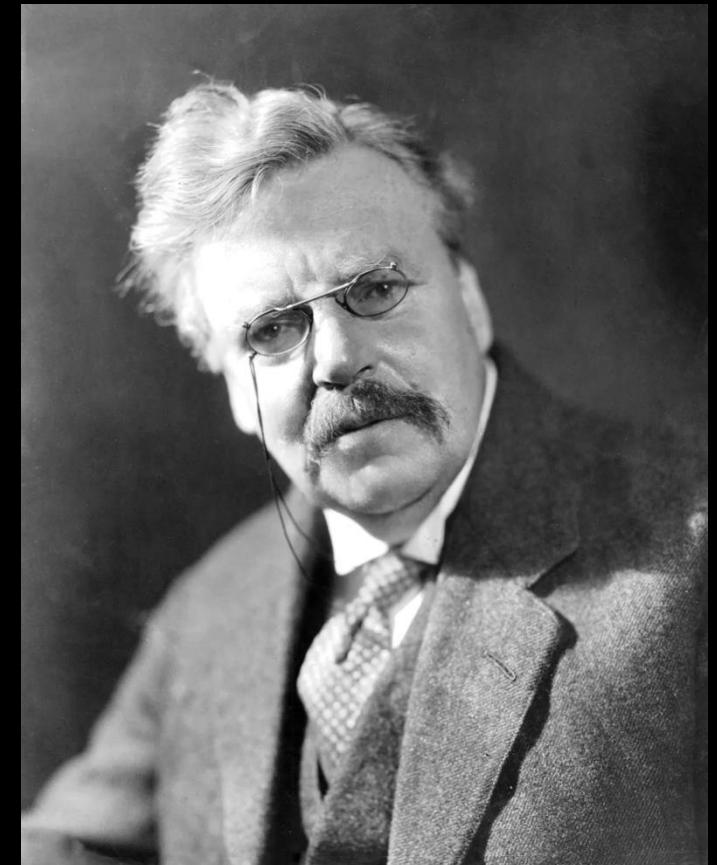
And grace before I open a book,

And grace before sketching, painting,

Swimming, fencing, boxing, walking,

playing, dancing;

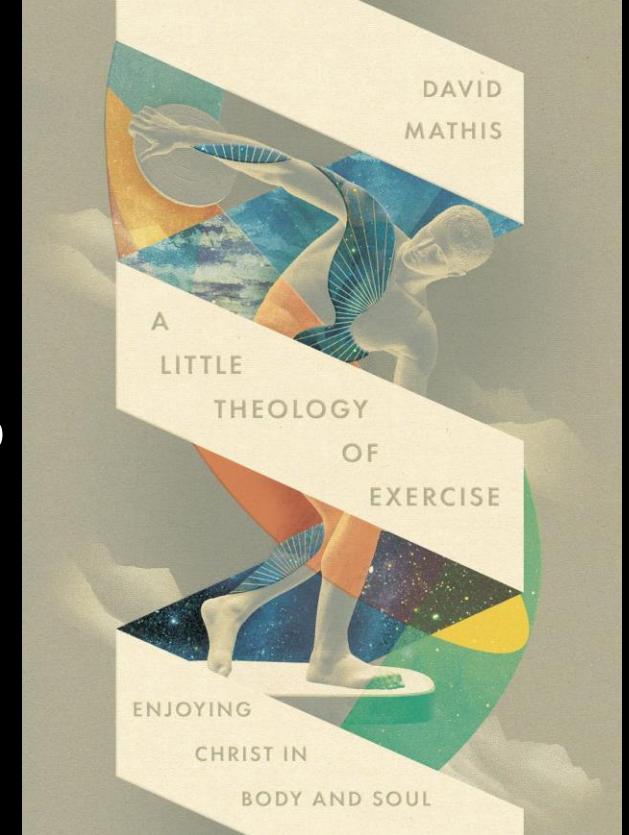
And grace before I dip the pen in the ink.”



G.K. Chesterton

Redirecting exercise in aid of our godliness training

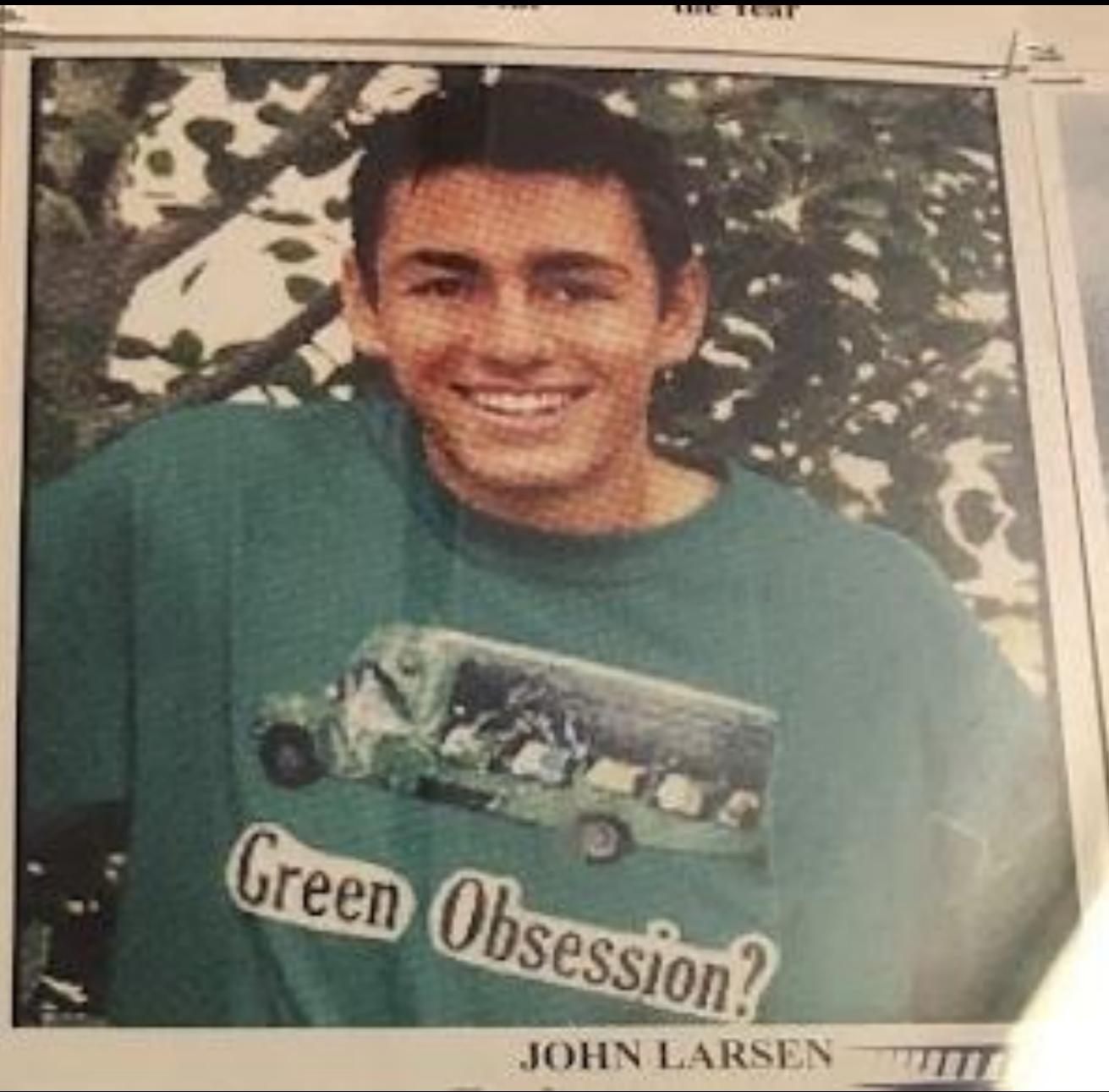
“Father, give me the drive to push my body beyond what is merely comfortable, to “discipline my body and keep it under control” (1 Corinthians 9:27), and work in me, by your Spirit, so that physical training serves the ripening of the spiritual fruit of self-control (Galatians 5:23).”

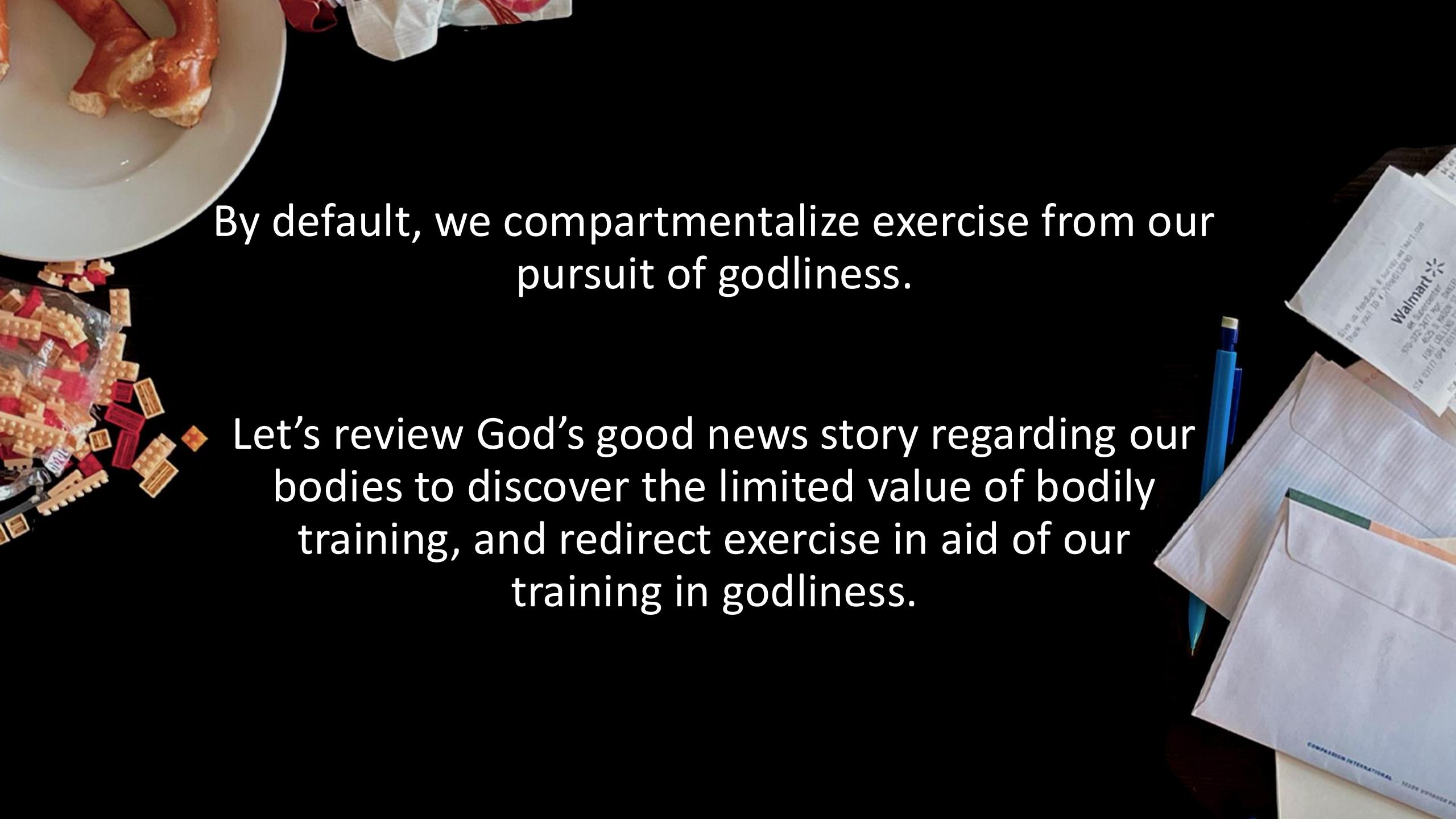


Redirecting exercise in aid of our godliness training

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





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