

SPIRITUAL EXERCISE **(1 Timothy 4:7-11)**

I. Avoid the profane (vs. 7).

- A. Some things in life are not profitable.
 - 1. How many times have we been watching TV and an ad for some workout equipment or a new workout appear?
 - 2. More times than not, these workouts and pieces of equipment are worthless.
- B. The idea of profane is that it is void of spirituality or godliness.
 - 1. The Greek word is a combination of two other words that when combined mean to go beyond a threshold.
 - 2. When things that are profane are engaged in, a person has gone beyond the threshold of godliness into a place void of spirituality and goodness.
- C. We need to keep in mind the context of this letter to Timothy.
 - 1. It is about how each Christian is to behave in the Lord's church, dependent upon their role in it.
 - 2. Elders are to behave a certain way, members are to behave a certain way in worship.
- D. In this context, Paul is writing to Timothy about how to behave a preacher of the gospel.
 - 1. He is to avoid preaching that which is ungodly.
 - 2. Things that have no biblical basis are to be avoided.
 - 3. False doctrine would fit under this category of profane.
- E. Old wives' tales refers to things that are made up and silly.
 - 1. Stories that are not founded in fact are to be avoided.
 - 2. There needs to be scripture to back up what is being preached.
 - 3. As one writer stated, "Invented stories and untrue fables have no place in Christian proclamation. The faith is rooted in history."
- F. When preaching and teaching God's word, we cannot deviate from it and be able to enrich and edify spiritually the lives of those that hear us.
- G. Like using exercise equipment or workouts that don't work and take time from that which would, preaching and teaching these foolish things take time from opportunities for real spiritual growth.

II. Seek the profitable (vs. 7b-9).

- A. When seeking to get in physical shape, there are exercises and equipment that have shown themselves to be profitable.
 - 1. Walking is recommended by every doctor.
 - 2. Swimming has been shown to be wonderful for the body.
 - 3. Jump ropes, bicycles and treadmills have proven to be effective tools for exercise.
- B. Godliness has shown itself, spiritually speaking, to be the most effective tool for spirituality.
 - 1. The word "exercise" literally means to train.
 - 2. You and I must put forth effort to be godly.

- C. To be the teacher or preacher God wants us to be, we must be those train to be godly in all that we teach and preach.
 - 1. We must be those who stay true to God's word.
 - 2. It is our standard and one day will be our judge, so we must maintain our relationship with it.
- D. It is the only tool that is 100% effective in training to be godly.
- E. Paul then tells us that "bodily exercise," or physical exercise, profits a little.
 - 1. There is nothing wrong with being in physical shape.
 - 2. The better shape we are in the more we can do for God and the church of His Son.
 - 3. But it only profits a little because it only helps us in this life.
 - a. Which is not a bad thing.
 - b. God wants us to enjoy His creation and being physically fit allows us to better do that.
- F. Godliness, on the other hand, is profitable in all things.
 - 1. There is not a situation in life that godliness does not help.
 - 2. Even if we are not physically fit, we can still enjoy life to a certain degree if we are godly.
 - 3. It doesn't matter if we have physical health problems or not, godliness is still beneficial in this life.
 - 4. However, godliness has the added benefit of being beneficial in the next life.
 - 5. Being godly now prepares us for the life that is to come.
 - 6. No amount of physical exercise can do that.
 - 7. Being godly, training in His word, gives us the promise of the life that is to come with Him.
- G. Paul then tells us that this saying is true and worthy of being acknowledged by all people by following it.
- H. Inspiration is emphasizing to us the truthfulness and usefulness of this statement in our lives.

III. **Remember the purpose (vs. 10-11).**

- A. Remember that when you see the word "therefore" you need to stop and see what it is there for.
- B. Paul reminded Timothy, and all of us, the purpose of preaching.
 - 1. Why teach someone the gospel?
 - 2. Why give the effort and deal with the suffering?
- C. The reason why Paul, Timothy, me and you preach and teach is because we trust in God.
 - 1. We believe that God is Who He says He is and will do what He has said He will do.
 - 2. There is complete faith in God and we want others to have that type of faith.
 - 3. This may be why we don't have more teachers and preachers in the Lord's church: we don't have enough people who trust in God enough to teach and preach His word.
- D. He is not some dead God, but the living God and the God of the living.

- E. He is the Savior of all men in the sense that He wants all men to be saved and has the power to do so.
 - 1. Calvinism cannot deal with this phrase.
 - 2. God can and will save all those who come to Him.
- F. However, He is especially the Savior of those that believe.
 - 1. He has saved them already.
 - 2. The belief here is a synecdoche, or a part put for the whole in terms of salvation.
 - 3. When we truly believe, we will do all that God has said for us to do.
 - 4. When we do what He has said to do, we have a much closer relationship with Him than those who have not come to Him that He wants to save.
- G. Godliness and God as the Savior of mankind was and is to be preached and always to be preached.