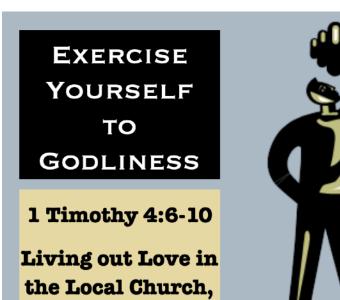
Exercise Yourself to Godliness 1 Timothy 4:6-10 1 Timothy: Living Out Love in the Local Church, part 12

 Consider the discipline and sacrifice athletes make into order to be the best in their sport. They give themselves to exercise which is repetitious and perhaps somewhat boring bodily activity, but it improves their strength & coordination, and it develops their muscles and perfects their skills.

Godliness, v.6-7			
1.	in Exercising unto		
	In order to grow spiritually, let's have the mentality of an athlete and exercise ourselves unto godliness. Our prize is far greater!		
	strength and results in character and the skill to grow in His grace, live pleasing to God, overcoming temptation, and doing His will.		
•	through discipline. Exercising unto godliness builds spiritual		
•	Exercise results in the		

A	: seek spiritual
nourishment, v.6:	: seek spiritual
	:" the Word of
God 2.) "	" the
teachings containe	:" the d in the Word of God.
consent not to who words of our Lord	an teach otherwise, and blesome words, even the Jesus Christ, and to the ccording to godliness;
В	: shun godless
distractions, v.7a	
C	: develop
godly habits, v.7b	
1.) H :	
loves a cheerful giv	ver! church
regularly	Ciluloii
3.) B :	
4.) I : 5.) T :	
- ,	

2	in Exercising unto
Godliness, v.8-1	0
A. Sweetens _	 ,
v.8-9	
little: but godlir	For bodily exercise profiteth ness is profitable unto all things, of the life that now is, and of come.
B. Strengthen	s,
v.10a:	
Colossians 1:2	9; Whereunto I also labor,
striving accord worker in me n	ing to His working, which nightily.
C. Solidifies _	
v.10b:	•



part 12