

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

1. _____ in Exercising unto Godliness, v.6-7

A. _____: seek spiritual nourishment, v.6:

- 1.) "_____:" the Word of God
- 2.) "_____:" the teachings contained in the Word of God.

1 Tim.6:3: If any man teach otherwise, and consent not to wholesome words, *even* the words of our Lord Jesus Christ, and to the doctrine which is according to godliness;

B. _____: shun godless distractions, v.7a

C. _____: develop godly habits, v.7b

- 1.) **H:** _____: God loves a cheerful giver!
- 2.) **A:** _____ church regularly
- 3.) **B:** _____
- 4.) **I:** _____
- 5.) **T:** _____

2. _____ in Exercising unto
Godliness, v.8-10

A. **Sweetens** _____,
v.8-9

1 Timothy 4:8; For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

B. **Strengthens** _____,
v.10a:

Colossians 1:29; Whereunto I also labor, striving according to His working, which worker in me mightily.

C. **Solidifies** _____,
v.10b:

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