

BE STRONG

Exercise

I. 1 Timothy 4:6-8-To get your spirit strong you have to exercise and train your spirit

- A. There is an exercise for your body and likewise there is an exercise for your spirit
 - 1. You get your body stronger through physical exercise, you get your mind stronger through mental exercise, you get your spirit stronger through spiritual exercise
 - a. PHIL-Bodily fitness has a certain value, but **spiritual fitness** is essential both for the present life and the life to come
 - b. AMP-For physical training is of some value (useful for a little), but godliness (**spiritual training**) is useful and of value in everything and in every way, for it holds promise for the present life and also for the life which is to come
 - 2. Exercising your body will make it stronger; exercising your spirit will make it stronger
 - 3. **Exercise** means to use or to exert
 - a. As I use my body or certain parts of my body, I develop in that area
 - b. As I use my spirit (or even certain parts of my spirit), I develop in that area
- B. You exercise your spirit by practicing, training in, and doing the Word of God
 - 1. John 4:24, 6:63-God is spirit, the Word is spirit, you are spirit and every time you do what the Word says you've engaged a spiritual activity and it exercises your spirit
 - a. AMP-8-Godliness or acting like God is spiritual training
 - b. Ex: If you love like he does rather than hold strife your training and getting stronger
 - c. Proverbs 10:29-The way of the Lord is strength to the upright
 - 2. Strength comes from not only hearing the Word, but by doing what you've heard
 - a. PHIL-You will show yourself as one who **owes his strength** to the truth of the faith he has absorbed **and** the sound teaching that **he has followed** GW-Followed closely
 - b. John 4:34-Jesus said doing what God has told me nourishes me
 - 1) CEB-I'm fed by doing the will of the one who sent me
 - 2) DARBY-My food is that I should do the will of that has sent me
 - 3) MSG-The food that keeps my going is that I do the will of the One who sent me
 - 3. The sphere in which nourishing takes place is the Word of God; hearing AND doing
- C. If you're not exercising your spirit man by doing what the Word says you won't get any stronger in your spirit; You will not get stronger without exercising/using your spirit
 - 1. People who just eat without exercise can become spiritually obese (slow to act)
 - 2. Hearing and not doing is eating spiritually, but not exercising

- a. James 1:22-25, Ezekiel 33:30-32-We got to be cautious where hearing and not doing is concerned because, not doing will keep you weak
- b. So many times we hear things we've heard before and we're deceived and think we're strong in it because we've heard it a bunch-2 Corinthians 10:5
 - 1) You're not strong in what you've heard a bunch, you're strong in what you've done a bunch
- 3. You will not get stronger in what you do not do (**Exercise**-To practice habitually)
 - a. If you're going to be strong like God, you exercise yourself unto it
 - 1) You don't get to godliness without exercise, training
 - b. You practice habitually what he said, and you'll get stronger at it

II. **There is a spiritual training that a believer must engage in, if his spirit is going to be strong**

- A. **Exercise** yourself unto godliness-Command not suggestion
 - 1. A word speaking of Greek athletes engaging in athletic exercise in a gymnasium
 - 2. The exercise is not that of the physical body but that of the spiritual part of man
 - 3. It is vigorous, demanding, strenuous and radical discipline
 - 4. Describes professional combat sports which usually ended with one dead
 - a. Knowing it was life and death the athletes exercised and exercised to get into top physical condition because only those who were most fit would survive
 - 5. They submitted themselves to self-imposed hardships in training (heat, beatings)
 - 6. They approached hardship in training as a positive occurrence; an opportunity to develop their strength
- B. The most successful athletes are the ones who don't dread training, but embrace; The most successful Christians are the ones who embrace spiritual training
 - 1. Spiritual training is the Christians best friend
 - a. Unto-With a view to; Exercise with a view to excelling in godliness-Matthew 5:48
 - 2. The believer who won't train will stay will circle the same mountain only to regret later that they didn't take the time to engage the training necessary to overcome
- C. We must be more committed to our spiritual development as professional athletes are to their physical development
 - 1. This word was only used to describe the professional athletes of that day; When Timothy saw the word exercise he knew exactly what Paul was conveying to him
 - 2. The commitment you make to your spiritual training will be the determining factor in whether or not you overcome in the day of adversity-Proverbs 24:10
 - a. Maybe your strength is small because you don't exercise

III. **Exercise always includes pressure and resistance to that pressure and that what's makes it seem hard hard or unpleasant, but it's the resistance to that pressure that produces strength**

- A. Hebrews 12:11-Pressure and resistance is key to all exercise, natural and spiritual
 - 1. MSG-At the time, discipline isn't much fun. **It always feels like it's going against the grain.** Later, of course, it pays off handsomely, for it's the well-trained who find themselves mature in their relationship with God.
 - 2. NIRV-No training seems pleasant at the time. In fact, it seems painful. But later on it produces a harvest of godliness and peace. It does that for those who have been trained by it.
 - 3. ESV-For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it
 - 4. If you'll engage this exercise, what used to be hard won't be hard anymore
- B. 1 Peter 5:5-10-This suffering is the flesh not getting it's way
 - 1. PHIL-Resist him, standing firm in your faith and remember that the strain is the same for all your fellow-Christians in other parts of the world. And after you have borne these sufferings a very little while, God himself (from whom we receive all grace and who has called you to share his eternal splendor through Christ) will make you whole and secure and strong.
 - 2. The suffering is the suffering of being tempted and not giving in-Hebrews 2:18
 - a. There is no suffering when you give into the temptation, but when you resist it and don't give in there's a suffering that you experience
 - b. **Resist**-Set oneself against, oppose
 - 3. Suffering the flesh not getting its way will strengthen your spirit
 - a. Every time you do what the Spirit of God tells your spirit rather than what your flesh wants you just got a little stronger because you resisted the pressure of the flesh
 - 1) Every time you tell your flesh no your spirit just got stronger (Fasting)
 - b. Galatians 5:24-Crucify the flesh; every time you give into the flesh you just exercised it and it got stronger
 - 4. Luke 22:40-44-When he resisted he was made stronger
- C. For exercise to be effective and strength to be developed there has to be pressure on you and resistance to that pressure
 - 1. Pressure is just another opportunity for you to develop-1 Peter 1:7
 - a. Strength will be developed through the resistance to pressure
 - b. If you are caving in under pressure you'll never develop
 - 2. Acts 24:16-He exercised himself to not be offended at God or man
 - a. He had opportunities to be offended at both, but by not giving into the pressure and taking offense he became strong in this area of not being offended; if took offense every time and caved into the pressure, he's not going to develop
 - b. What are you striving, exercising to develop

3. 1 Sam 17:34-37-David exercised in his covenant with God in regards to the lion and he got stronger and the bear and he got stronger and Goliath and he got stronger
 - a. If every time pressure showed up he fled, then he wouldn't have got stronger
- D. It's important that you find the pressure necessary to develop; don't wait for pressure to show up, rather go in search of pressure
 1. An athlete seeks this pressure so that he can develop the strength that he desires
 2. One of the greatest ways you encounter pressure is just make a decision to develop in some area of the Word of God; when you do the flesh and the enemy will be there trying to pressure you out of developing this
 3. It's when I begin to do that word that I heard that I'll encounter pressure
 - a. EX: When I do the Word on Love I'll encounter pressure and if I continue to do the Word on love under that pressure I'll develop in love
 4. When you encounter the pressure of resistance and you put pressure on that resistance you'll get stronger