

Week of October 7-13

GOD'S GYM

Scripture Reading: Read 1 Timothy 4

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1 Timothy 4:7-8

Recently, a local business in our community opened a brand new physical therapy and wellness facility. In this state of the art building, there is an indoor soccer field, basketball court, weight room, pool, cardio center, workout rooms, offices, and therapy area. There will also be a café as well. It's a pretty amazing place. I used to visit the old facility and work out a few times a week and am looking forward to the upgrade. The healthier we are, the more we can do for the King and the more we can glorify God with our bodies. Paul would certainly agree.

Yet, Paul sees another workout that is even more important since it has value not only for this life but for the life to come. It's a training regiment that leads to godliness. Although we have already looked at the subject of spiritual workouts previously (cf. our devotional on Philippians 2), the subject is important enough to return to again in today's devotional. So, how do we train ourselves to be godly? By going to God's gym and doing regular spiritual workouts consisting of the following:

- 1) Weight loss: Laying aside every weight & the sin that entangles – Hebrews 12:1; putting off the old self – Ephesians 4:22; Colossians 3:5-10; I Peter 2:1
- 2) Good nutrition: Taste and see the Lord is good – Psalm 34:8; Desire the sincere milk of the Word – I Peter 2:2; and as you grow, solid food – Hebrews 5:11-14
- 3) Adequate rest: Make every effort to enter into God's rest – Heb 4:9-11; Take time to get alone with God and wait on him in prayer - Luke 5:16; Isa 40:29-31
- 4) Spiritual aerobics: Dance before the Lord in worship – Psalm 149:3; 150:4
- 5) Add spiritual muscle: Submit to the weight of trials – Hebrews 12:7, 11
- 6) Develop endurance: Allow God to test your faith and count it pure joy when he does – James 1:2-4; Romans 5:3

Action Step: Go back through the list of exercises above and look up the Scriptures connected with each. Jot down some specific ways you can make these a part of a regular routine in your life. For example, you might want to take 15 minutes a day to read God's Word. You could set aside a day a month just to wait on the Lord; clear your schedule and spend the day fasting, praying and worshipping God.

Prayer Focus: After developing the list, commit it to God that he would empower you to develop the necessary disciplines in your life to follow through on his training regiment for your life.

Take-a-way: *God's gym will give you a workout with out of this world benefits!*