



# This Way To GODLINESS

But refuse profane and old wives' fables, and exercise thyself rather unto godliness. (1 Timothy 4:7)

## 7SX PLAN

But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

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. (1 Timothy 4:7-8)

"And he saith unto them, Follow me, and I will make you..." (Matthew 4:19)

Behold, God is mighty, and despiseth not any:

He openeth also their ear to discipline, and commandeth that they return from iniquity.

If they obey and serve him, they shall spend their days in prosperity, and their years in pleasures.

But if they obey not, they shall perish by the sword, and they shall die without knowledge. (Job 36: 5, 10-12)

### The Way To Godliness

#### Two Kinds of Exercise

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"The job of the football coach is to make men do what they don't want to do in order to achieve what they've always wanted..." Tom Landry

### Exercise, The Basis of Development

Weakness

Strength



Unto him that loved us, and washed us from our sins in his own blood, and hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen. (Revelations 1:5-6)

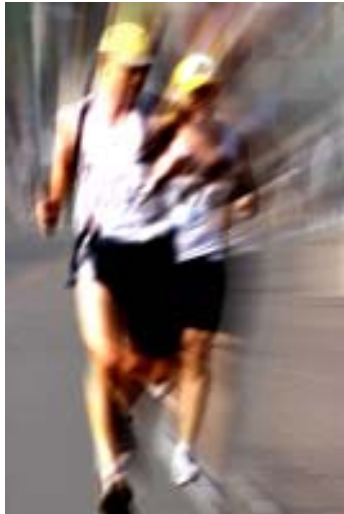
But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

paraitomai: beg off, i.e. deprecate, decline, shun

bebelos: being accessible (as by crossing the door-way) to heathenish or wicked

graodes: crone-like, silly

muthos: a tale, fiction



But he said, Yea rather, blessed are they that hear the word of God, and keep it. (Luke 11:28)

And he said unto them, Take heed what ye hear: with what measure ye mete, it shall be measured to you: and unto you that hear shall more be given.

For he that hath, to him shall be given: and he that hath not, from him shall be taken even that which he hath. (Mark 4:24-25)

prosecho: to hold the mind, pay attention to, be cautious about, apply oneself to, adhere to

Neither give heed to fables... (1 Timothy 1:4)

Therefore we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip. (Hebrews 2:1)

## How To Have Time For Exercise

1.

2.

# God's 7SX PLAN (Seven Spiritual Exercises)

## SX 1 - Bible Intake

**Sustained and concentrated growth in Godliness by the quality and quantity of your Bible intake**

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Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand. (Revelation 1:3)

Till I come, give attendance to reading, to exhortation, to doctrine. (1 Timothy 4:13)

For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe. (1 Thessalonians 2:13)

These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so. (Acts 17:11)

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

But shun profane and vain babblings: for they will increase unto more ungodliness.

And their word will eat as doth a canker: (2 Timothy 2:15-17)

Thy word have I hid in mine heart, that I might not sin against thee. (Psalm 119:11)

Then I said, I will not make mention of him, nor speak any more in his name. But his word was in mine heart as a burning fire shut up in my bones... (Jeremiah 20:9)

...when the tempter came to him... he answered and said, It is written... (Matthew 4:1-4)

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day..

And take... the sword of the Spirit, which is the word of God: (Ephesians 6:13-17)

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### The Benefits of Memorizing Scripture

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Bow down thine ear, and hear the words of the wise, and apply thine heart unto my knowledge.

For it is a pleasant thing if thou keep them within thee; they shall withal be fitted in thy lips. That thy trust may be in the LORD... (Proverbs 22:17-19)

So then faith cometh by hearing, and hearing by the word of God. (Romans 10:17)

Thy testimonies also are my delight and my counsellors. (Psalm 119:24)

O how I love thy law! it is my meditation all the day. (Psalm 119:97)

Preach the word; be instant in season, out of season; (2 Timothy 4:2)

And when they were come, and had gathered the church together, they rehearsed all that God had done with them... (Acts 14:27)



**Exercise Thyself  
Rather Unto  
Godliness**  
(1 Timothy 4:7)

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**The Benefits of Journaling**

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