



EXERCISE: The Way To Godliness

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

Exercise: The Way To Godliness

Two Kinds of Exercise

1. _____

2. _____

Exercise, The Basis of Development

Weakness

Strength

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

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)

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)

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

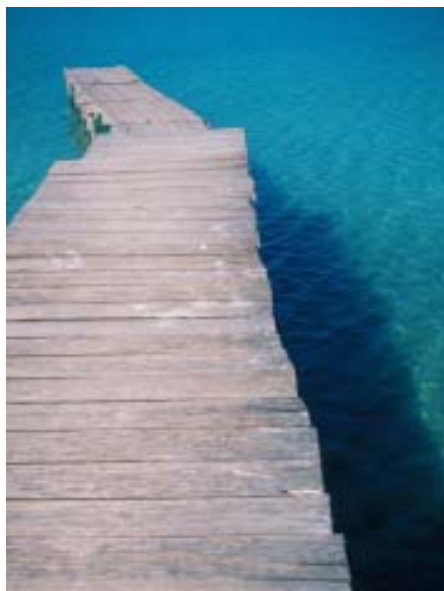


Unto him that loved us, and washed us from our sins in his own blood, and hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen. (Revelations 1:5-6)



But we beseech you, brethren, that ye increase more and more;

And that ye study to be quiet...
(1 Thessalonians 4:10-11)



...immediately I conferred not with flesh and blood:

Neither went I up to Jerusalem to them which were apostles before me; but I went into Arabia, and returned again unto Damascus.

Then after three years I went up to Jerusalem to see Peter, and abode with him fifteen days.

But other of the apostles saw I none, save James the Lord's brother.
(Galatians 1:16-19)

And immediately the spirit driveth him into the wilderness.

And he was there in the wilderness forty days, tempted of Satan; and was with the wild beasts; and the angels ministered unto him.
(Mark 1:12-13)

SX 2 - Solitude

Sustained and concentrated growth in Godliness by the quality and quantity of your solitude

Solitude is _____

Silence is the voluntary and temporary abstention from speaking!

Solitude is the voluntary and temporary withdrawing to privacy for spiritual purposes!

Stillness is the vountary and temporary quieting of all our faculties in order to concentrate

The Purposes of Solitude

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Types of Solitude

1. _____
2. _____



I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved.

And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. (Habakkuk 2:1-2)

And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone. (Matthew 14:23)

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. (Mark 1:35)

And when it was day, he departed and went into a desert place: (Luke 4:42)

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. (Psalm 46:10)

Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah. (Psalm 4:4)

God of our salvation; who art the confidence of all the ends of the earth...

Which stilleth the noise of the seas, the noise of their waves, and the tumult of the people. (Psalm 65:5, 7)

He maketh the storm a calm, so that the waves thereof are still.

Then are they glad because they be quiet; so he bringeth them unto their desired haven.

Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! (Psalm 107:29-31)

The words of wise men are heard in quiet more than the cry of him that ruleth among fools. (Ecclesiastes 9:17)

For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: (Isaiah 30:15)

For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: (Isaiah 30:15)

3.

4.

The Benefits of Solitude

1. In the stillness is the _____

2. In the re-knowing is _____

3. In the stillness _____

4. In the stillness _____

5. In the stillness _____

6. In the quiet _____

7. In the quiet _____

8. In the repeated times of rest _____



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)

3.

4.

5.

6.

The Benefits of Memorizing Scripture

1.

2.

