



EXERCISE:

The Way To Godliness

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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

Two Kinds of Exercise

1. _____
2. _____

Exercise, The Basis of Development

Weakness

Strength

How To Have Time For Exercise

1. _____
2. _____

God's 7BSX PLAN (Seven Spiritual Exercises)

BSX 1 - Bible Intake

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



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)



...continuing instant in prayer;
(Romans 12:12)

Pray without ceasing.
(1 Thessalonians 5:17)

Continue in prayer, and watch in the same with thanksgiving; (Colossians 4:2)

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; (Ephesians 6:18)

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. (Phillipians 4:6)

But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; (Matthew 5:44)

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. (Matthew 6:5-6)

BSX 2 - Solitude

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

BSX 3 - Prayer

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

The Three Disciplines (Exercises) of Prayer _____

1. _____

2. _____

3. _____

Principles of Prayer (From Matthew's Gospel) _____

1. _____

2. _____



Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. (Matthew 26:36)

But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him. (Matthew 6:7-8)

After this manner therefore pray ye:
(Matthew 6:9)

Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest. (Matthew 9:38)

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)

Howbeit this kind goeth not out but by prayer and fasting. (Matthew 17:21)

Then were there brought unto him little children, that he should put his hands on them, and pray: (Matthew 19:13)

And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves. (Matthew 21:13)

3.

4.

5.

6.

7.

8.

9.

10.



Woe unto you, scribes and Pharisees, hypocrites! for ye devour widows' houses, and for a pretence make long prayer: therefore ye shall receive the greater damnation. (Matthew 23:14)

And he left them, and went away again, and prayed the third time, saying the same words. (Matthew 26:44)

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. (Matthew 26:41)

Thinkest thou that I cannot now pray to my Father, and he shall presently give me more than twelve legions of angels?

But how then shall the scriptures be fulfilled, that thus it must be? (Matthew 26:53-54)



11. _____

12. _____

13. _____

14. _____

15. _____

