



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)

...in fastings often (2 Corinthians 11:27)

I humbled my soul with fasting; (Psalm 35:13)

Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil. (Joel 2:12-13)

...the children of Israel were assembled with fasting, and with sackclothes, and earth upon them.

And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers.

And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God. (Nehemiah 9:1-2)

And I set my face unto the Lord God, to seek by prayer and supplication, with fasting . . . and while I was speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication... (Daniel 9:3, 20)

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

BSX 4 - Fasting

Sustained and concentrated growth in Godliness by the quality and frequency of fasting

Purposes of Fasting

1.

2.

3.

4.



Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. (Ezra 8:21)

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

And he was three days without sight, and neither did eat nor drink. (Acts 9:9)

Go, gather together all the Jews . . . and fast ye for me, and neither eat nor drink three days, night or day... (Esther 4:16)

Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. (Daniel 1:12)

And Samuel said, Gather all Israel ... and they gathered ... and fasted... (1 Samuel 7:5-6)

Then I proclaimed a fast ... So we fasted and besought our God... (Ezra 8:21-23)

the people ... proclaimed a fast ... from the greatest of them even to the least... (Jonah 3:5-10)

...and David fasted, and went in, and lay all night upon the earth. (2 Samuel 12:15-16, 22-23)

And there was one Anna, a prophetess ... a widow of about 44 years, which departed not from the temple, but served God with fastings and prayers night and day. (Luke 2:36-37)

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

But thou, when thou fastest, anoint thine head, and wash thy face;

That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly. (Matthew 6:16-18)

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

When ye fasted and mourned ... those 70 years, did ye at all fast unto me, even to me? (Zechariah 7:5-6)

5. _____

Types of Fasts

1. _____

Guidelines for Fasting

1. _____



Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.



Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.

Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? (Isaiah 58:3-8)

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:

And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. (Isaiah 58:8-12)

Wrong Motives

Right Motives

The Benefits of Fasting

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