



EXERCISE: The Way To Godliness

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

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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 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)

...in fastings often (2 Corinthians 11:27)
JOH 4:23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

Exercise: The Way To Godliness

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

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

BSX 5 - Worship

Sustained and concentrated growth in Godliness by the quality and frequency of genuine worship



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)

Their land also is full of idols; they worship the work of their own hands, that which their own fingers have made: (Isaiah 2:8)

To whom will ye liken me, and make me equal, and compare me, that we may be like?

They lavish gold out of the bag, and weigh silver in the balance, and hire a goldsmith; and he maketh it a god: they fall down, yea, they worship. (Isaiah 46:5-6)

Then shalt thou say unto them, Because your fathers have forsaken me, saith the LORD, and have walked after other gods, and have served them, and have worshipped them, and have forsaken me, and have not kept my law;

And ye have done worse than your fathers; for, behold, ye walk every one after the imagination of his evil heart, that they may not hearken unto me:

Therefore will I cast you out of this land into a land that ye know not, neither ye nor your fathers; and there shall ye serve other gods day and night; where I will not shew you favour. (Jeremiah 16:11-13)

Then they shall answer, Because they have forsaken the covenant of the LORD their God, and worshipped other gods, and served them. (Jeremiah 22:9)

That at what time ye hear the sound of the cornet, flute, harp, sackbut, psaltery, dulcimer, and all kinds of musick, ye fall down and worship the golden image that Nebuchadnezzar the king hath set up:

And whoso falleth not down and worshippeth shall the same hour be cast into the midst of a burning fiery furnace. (Daniel 3:5-6)

This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me.

But in vain they do worship me, teaching for doctrines the commandments of men (Matthew 15:8-9)

Ye worship ye know not what: we know what we worship: for salvation is of the Jews. (John 4:22-24)

For as I passed by, and beheld your devotions, I found an altar with this inscription, TO THE UNKNOWN GOD. Whom therefore ye ignorantly worship, him declare I unto you.

(Acts 17:23)

Dangers To Genuine Worship

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And as Peter was coming in, Cornelius met him, and fell down at his feet, and worshipped him.

But Peter took him up, saying, Stand up; I myself also am a man. (Acts 10:25-26)

Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen.

For this cause God gave them up unto vile affections: (Romans 1:25-27)

Let no man beguile you of your reward in a voluntary humility and worshipping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly mind,

And not holding the Head, from which all the body by joints and bands having nourishment ministered, and knit together, increaseth with the increase of God. (Colossians 2:18-19)

...because that the worshippers once purged should have had no more conscience of sins.

But in those sacrifices there is a remembrance again made of sins every year. (Hebrews 10:2-3)

But as for me, I will come into thy house in the multitude of thy mercy: and in thy fear will I worship toward thy holy temple. (Psalm 5:7)

So shall the king greatly desire thy beauty: for he is thy Lord; and worship thou him. (Psalm 45:11)

Give unto the LORD the glory due unto his name; worship the LORD in the beauty of holiness. (Psalm 29:2)

There shall no strange god be in thee; neither shalt thou worship any strange god. (Psalm 81:9)

O come, let us worship and bow down: let us kneel before the LORD our maker.

For he is our God; and we are the people of his pasture, and the sheep of his hand. To day if ye will hear his voice, harden not your heart... (Psalm 95:6-8)

O worship the LORD in the beauty of holiness: fear before him, all the earth.

Say among the heathen that the LORD reigneth: the world also shall be established that it shall not be moved: he shall judge the people righteously.

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The Elements of Genuine Worship

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let the sea roar, and the fulness thereof.

Let the field be joyful, and all that is therein:
then shall all the trees of the wood rejoice

Before the LORD: for he cometh, for he cometh
to judge the earth: he shall judge the world
with righteousness, and the people with his
truth. (Psalm 96:9-13)

Exalt ye the LORD our God, and worship at
his footstool; for he is holy. (Psalm 99:5)

Exalt the LORD our God, and worship at his
holy hill; for the LORD our God is holy.
(Psalm 99:9)

Make a joyful noise unto the LORD, all ye
lands.

Serve the LORD with gladness: come before
his presence with singing.

Know ye that the LORD he is God: it is he that
hath made us, and not we ourselves; we are
his people, and the sheep of his pasture.

Enter into his gates with thanksgiving, and into
his courts with praise: be thankful unto him,
and bless his name.

For the LORD is good; his mercy is everlasting; and
his truth endureth to all generations. (Psalm 100)

I will worship toward thy holy temple, and praise
thy name for thy lovingkindness and for thy
truth: for thou hast magnified thy word above
all thy name. (Psalm 138:2)

Stand in the gate of the LORD'S house, and
proclaim there this word, and say, Hear the
word of the LORD, all ye of Judah, that enter
in at these gates to worship the LORD.

Thus saith the LORD of hosts, the God of
Israel, Amend your ways and your doings, and
I will cause you to dwell in this place.
(Jeremiah 7:2-3)

And when they were come into the house,
they saw the young child with Mary his
mother, and fell down, and worshipped him:
and when they had opened their treasures,
they presented unto him gifts; gold, and
frankincense, and myrrh.
(Matthew 2:11)

And there were certain Greeks among them
that came up to worship at the feast: The
same came therefore to Philip, which was of
Bethsaida of Galilee, and desired him,
saying, Sir, we would see Jesus.
(John 12:20)

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