

Title: Gym time!
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Gym Time!

1 Timothy 4:6-8

⁶If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed. ⁷But reject profane and old wives' fables, and exercise yourself toward godliness. ⁸For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. ⁹This is a faithful saying and worthy of all acceptance.

1 Timothy 4:7-9 (nlt)

⁷Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." ⁹This is a trustworthy saying, and everyone should accept it.

What is it?

'Eusebia' is a Greek word abundantly used in Greek philosophy as well as in the New Testament, meaning to perform the actions appropriate to the gods... The word was used in Classical Greece where it meant behaving as tradition dictates in one's social relationships and towards the gods. One demonstrates eusebeia to the gods by performing the customary acts of respect.

In it to win it

1 Corinthians 9:24-27 (nlt)

²⁴Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. ²⁶So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body like an athlete, training it to do what it should...

Our obligation

Romans 8:6-13 (gnt)

⁵Those who live as their human nature tells them to, have their minds controlled by what human nature wants. Those who live as the Spirit tells them to, have their minds controlled by what the Spirit wants. ⁶To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace. ⁷And so people become enemies of God when they are controlled by their human nature; for they do not obey God's law, and in fact they cannot obey it. ⁸Those who obey their human nature cannot please God. ⁹But you do not live as your human nature tells you to; instead, you live as the Spirit tells you to—if, in fact, God's Spirit lives in you. Whoever does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ lives in you, the Spirit is life for you because you have been put right with

God, even though your bodies are going to die because of sin. ¹¹If the Spirit of God, who raised Jesus from death, lives in you, then he who raised Christ from death will also give life to your mortal bodies by the presence of his Spirit in you. ¹²So then, my friends, we have an obligation, but it is not to live as our human nature wants us to. ¹³For if you live according to your human nature, you are going to die; but if by the Spirit you put to death your sinful actions, you will live.

Godliness or bust

1 Timothy 6:3-10

³If anyone teaches otherwise and does not consent to wholesome words, even the words of our Lord Jesus Christ, and to the doctrine which accords with godliness, ⁴he is proud, knowing nothing, but is obsessed with disputes and arguments over words, from which come envy, strife, reviling, evil suspicions, ⁵useless wranglings of men of corrupt minds and destitute of the truth, who suppose that godliness is a means of gain. From such withdraw yourself. ⁶But know this, that in the last days perilous times will come: ⁷For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, ⁸unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, ⁹traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, ¹⁰having a form of godliness but denying its power. And from such people turn away!

Members' fee

2 Timothy 3:12

¹²Yes, and all who desire to live godly in Christ Jesus will suffer persecution.

Trained by Grace

Titus 2:11-14 (esv)

¹¹For the grace of God has appeared, bringing salvation for all people, ¹²training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, ¹³waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, ¹⁴who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Freely given, diligently added

2 Peter 1:2-9

²Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, ³as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, ⁴by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. ⁵But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, ⁶to knowledge self-control, to self-control perseverance, to perseverance godliness, ⁷to godliness brotherly kindness, and to brotherly kindness love. ⁸For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. ⁹For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

Gym buddies

2 Corinthians 7:8-11 (nlt)

⁸I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. ⁹Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. ¹⁰For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death. ¹¹For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication! In all things you proved yourselves to be clear in this matter.

Sign up?

Romans 5:6-8

⁶For when we were still without strength, in due time Christ died for the ungodly. ⁷For scarcely for a righteous man will one die; yet perhaps for a good man someone would even dare to die. ⁸But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.