

THE EXERCISE THAT BENEFITS FOREVER

I Timothy 4:7-11

Intro:

- A. God expects us to exercise.
 - 1. here is bodily exercise.
 - 2. There is spiritual exercise.
- B. Paul had chosen the latter.
 - 1 Acts 24:16 - "And herein do I exercise myself, to have always a conscience void of offense toward God."
 - 2. He knew which was best.

I. Sorting Out The Unimportant.

- A. False doctrine is to be confronted.
 - 1. Timothy was to identify it.
 - 2. He was to condemn it.
- B. Old wives' tales were not false doctrine.
 - 1. Vs 7a "But refuse profane and old wives fables..."
 - 2. "Refuse" = παραιτεομαι = "to decline", Do not pay attention to these things.
 - 3. "Profane" = βεβηλος = "allowable to tread", "unhallowed", "common".
 - 4. "As for profane legends and old wives' tales, leave them alone." - TENT

II. The Area Of Exercise That Is Profitable.

- A. "...and exercise thyself rather unto godliness."
 - 1. "Exercise" = γυμναζω = "to exercise" This does not have to do with strenuous activity and ascetic good works. It is growing through study and prayer and dedication to God.
 - 2. "Godliness" = ευσεβεια = "piety", "like God".

- B. Vs 8 "For bodily exercise profiteth little:..."
1. "Bodily" = σωματικός = "that which pertains to the body", "corporally", "of the flesh".
 2. "Profiteth" = ωφέλιμος = "useful", "to be advantageous".
 3. "Little" = ολίγος = "that which is numerically small and lasts only a short time".
- C. "...but godliness is profitable unto all things,..."
1. "godliness is of value in every way"
 2. "but spiritual fitness is essential" - PHI
- D. "...having promise of the life that now is, and of that which is to come."
1. "Promise" = επαγγελία = "a proclamation of a fact or facts that are true hence a promise"
 2. "It holds promise for the present and the future life" - BER
- E. Vs 9 "This is a faithful saying and worthy of all acceptance."
1. "Faithful" (is the word) = πιστός ὁ λόγος.
 2. You can depend of God's word.
 3. "Worthy" = αξίος = "worthy of".
 4. "Acceptation" = αποδοχή = "reception".
 5. "Entitled to the fullest acceptance" - GSPD

III. The Work Of God's Men.

- A. Vs 10 "For therefore we both labour and suffer reproach..."
1. "Labour" = κοπιᾶω = "to beat out", "to be weary because one has laboured and toiled".
 2. "Suffer reproach" = ονειδίζω = "to defame", "to hurl back in one's face".
 3. "It is because we comprehend the importance of the spiritual that we work so hard and endure so much abuse."

- B. "...because we trust in the living God..."
1. "Trust" = ελπίζω = "to hope", "to expect".
 2. "Because we hope in the God who has life..."
- C. "...who is the Saviour of all men,..."
1. "Saviour" = σωτηρ = "deliverer", "preserver"
 2. Jesus Christ is the author and finisher of man's deliverance from his sins.
 3. "All men" = παντων ανθρωπων
 4. He is preached as Saviour to all men and all who accept Him as such are saved.
- D. "...specially of those that believe."
1. "Especially" = μαλιστα = "very", "most of all".
 2. "Believe" = πιστευω = "be persuaded", "to rely on"
 3. "And particularly for those who have accepted His salvation." - TAY
- E. Vs 11 "These things command and teach."
1. "Command" = παραγγελλω = "to give orders".
 2. "Teach" = διδασκω = "to give instruction".