

“Exercise Increases Strength!”

Scripture Reading: I Timothy 4:1-11

Key Verses: Vv. 7, 8

Introduction:

As with each New Year, so many of us make resolutions to “exercise” more and “get into better shape!”

We learn some things about exercise in our key verses tonight!

Background Observation:

How to Be a Man of God

1 Timothy 4

In this section of his letter to Timothy, Paul emphasized the character and the work of the minister himself.

He listed three qualities that a minister must possess if he is to be successful in serving God.

1. **A Good Minister, Preaching the Word** (1 Tim. 4:1-6)

2. **A Godly Minister, Practicing the Word** (1 Tim. 4:7-12)

3. **A Growing Minister, Progressing in the Word** (1 Tim. 4:13-16)

Paul had warned the Ephesian elders that false teachers would invade the church (Acts 20:28-31); and now they had arrived.

The Holy Spirit had spoken in specific terms about these teachers, and the prophecy was starting to be fulfilled in Paul's time.

Certainly, it is fulfilled in our own time!

We can recognize false teachers by the description Paul gave in this paragraph.

- I. **They are energized by Satan (v. 1a).**

This is the only place where demons are mentioned in the Pastoral Epistles.

- II. **They lead people astray (v. 1b).**

Their goal is to seduce people and get them to depart from the faith.

- III. **They are hypocrites (v. 2).** "Ye shall know them by their fruits" (Matt. 7:15-20).

These false teachers preach one thing but practice another.

IV. **They deny God's Word (vv. 3-5).**

The false teachers in Ephesus combined Jewish legalism with Eastern asceticism.

Paul reminded young Timothy of his great responsibility to study, teach, and preach the Scriptures, and to spend time in prayer.

As a "good minister" he must be "nourished up in the words of faith" (1 Tim. 4:6).

Now, let me turn it around to positive doctrine for a few moments:

Timothy had certain responsibilities in the light of this growing apostasy:

I. **Teach the church the truth (v. 6a).**

God's people need to be warned about false doctrine and religious apostasy.

A minister must not major on these subjects, because he is obligated to teach "*all the counsel of God*" (Acts 20:27); but neither should he ignore them.

- A pastor must teach positive doctrine so that people will know what they believe and where they are going.

- But he must also expose false doctrine so that people will not be seduced and led astray—possible dangers!

II. **He must nourish himself in the Word (v. 6b).**

Of course, *every* Christian ought to feed daily on the Word (Jer. 15:16; Matt. 4:4; 1 Peter 2:2); but it is especially important that a pastor grow in the Word.

Having said that, I want to focus on that tonight: **you** and **me** *nourishing* ourselves in the Word!

It is of the utmost importance that we "*exercise*" and "*increase our strength!*"

Let's look at 3 observations tonight:

I. **Exercise Increases Physical Strength—V. 8**

1 Timothy 4:8 (KJV)

⁸ 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.

- A. Physical exercise is needed more today than ever because of the wear and tear of our present-day society.
- B. Stress and strain deplete our energy.

- C. Exercise relaxes tense muscles, encourages healthy blood flow, and prevents heart and lung problems.
- D. It increases strength and often improves one's looks.
- E. Millions of people are now aware of the value of exercise.
- F. Doctors recommend daily walking, bicycle riding, and other forms of working out.
- G. God's Word teaches that our bodies are the temples of the Holy Spirit. "If any man defile the temple of God, him shall God destroy" (1 Cor. 3:17).

II. **Exercise Increases Mental Strength**—2 Tim. 2:15

2 Timothy 2:15 (KJV)

¹⁵ Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

- A. World and national leaders are aware of the need for education.
- B. Increasing mental power means reading, writing, and learning.
- C. Just as physical exercise increases bodily strength, mental exercise increases mental strength.
- D. Exercise in the study of God's Word is needed most.

- E. Not only must we believe his Word, but we must learn to rightly divide "the word of truth" (2 Tim. 2:15).
- F. All who repent and forsake their sins may learn discipline and direction and receive deliverance through God's Word.

III. **Exercise Increases Spiritual Strength**—V. 7

1 Timothy 4:7 (KJV)

⁷ But refuse profane and old wives' fables, and exercise thyself *rather* unto godliness.

- A. Physical and mental strength are received when we flex our physical and mental muscles.
- B. Spiritual strength is gained by flexing our spiritual muscles.
- C. We gain spiritual strength as we wait on God in prayer and claim his promises.
- D. We become whole and hearty Christians as we increase in the fruits of the Spirit: "love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance" (Gal. 5:22, 23).

Conclusion:

What about it my dear friend? Are you a Christian?

How's your "*spiritual exercise life*?"

Are you praying and studying regularly?

Let us stand and sing...

Decision Time:

*Bruce Beach—1/11/15 @ OBC-P.M.; edited, altered, added to and rewritten.

*Bruce Beach—10/18/23 @ WHBC-Wed.; edited, altered, added to and rewritten.

*The last 3 main points taken from: Sermon Outline Series – Positive Sermon Outlines;
Wordsearch 10 Bible Software Program