

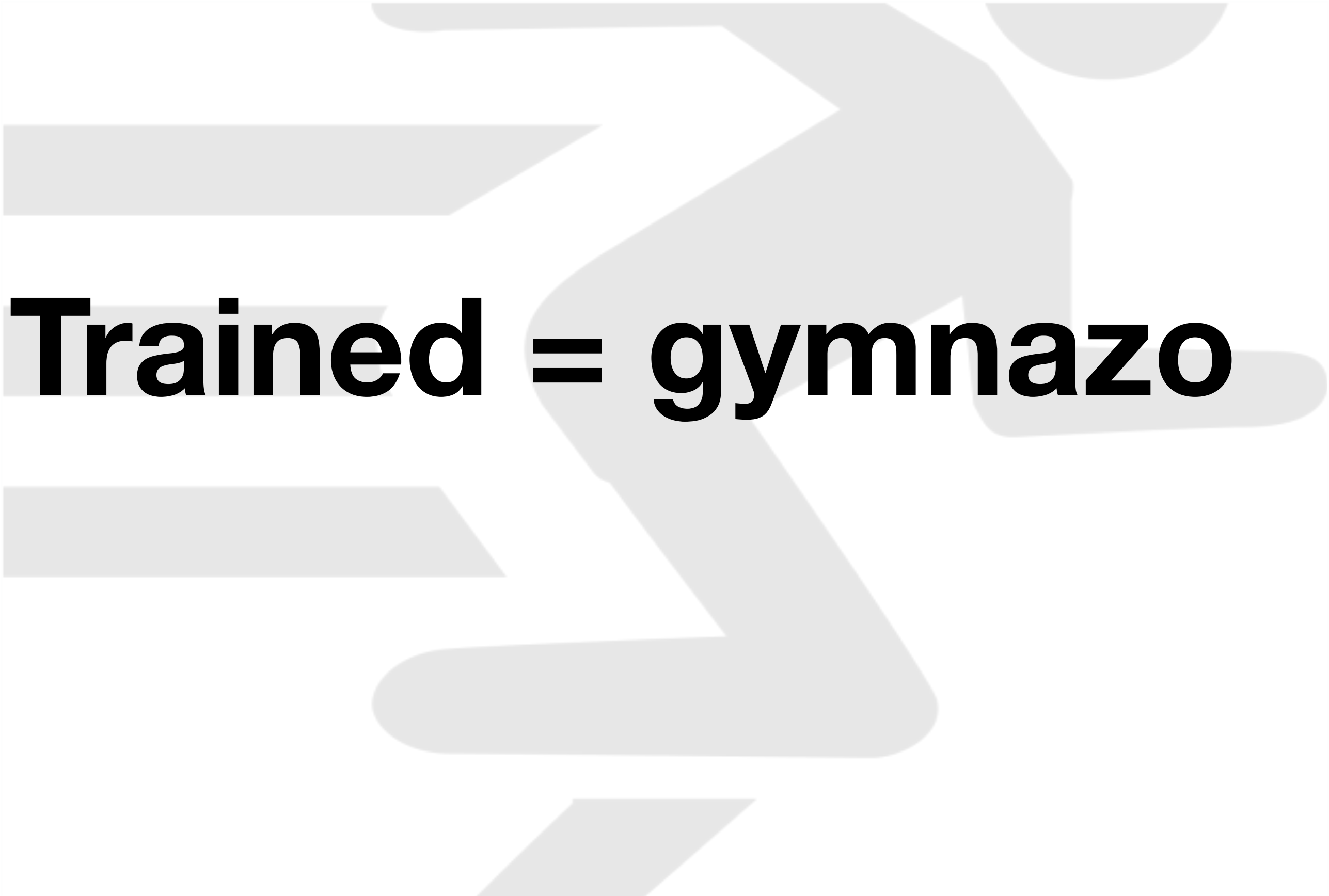
The Exercise that Matters



2 Peter 2:12–16 (NKJV)

¹² But these, like natural brute beasts made to be caught and destroyed, speak evil of the things they do not understand, and will utterly perish in their own corruption,
¹³ *and* will receive the wages of unrighteousness, *as* those who count it pleasure to carouse in the daytime. *They are* spots and blemishes, carousing in their own

deceptions while they feast with you, ¹⁴ having eyes full of adultery and that cannot cease from sin, enticing unstable souls. They have a heart **trained** in covetous practices, *and are* accursed children. ¹⁵ They have forsaken the right way and gone astray, following the way of Balaam the *son* of Beor, who loved the wages of unrighteousness;



Trained = gymnazo

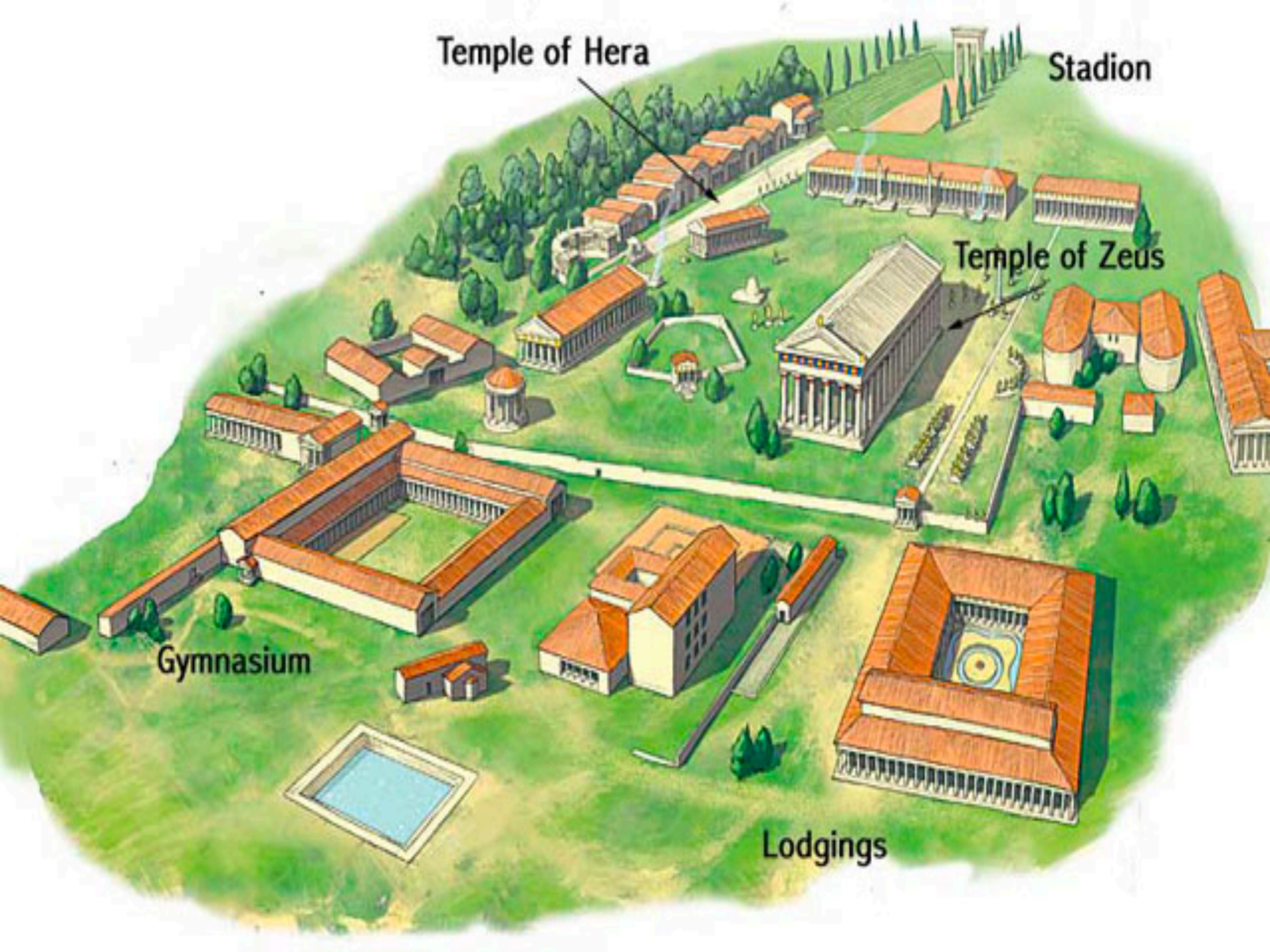
1 Timothy 4:7 (NKJV)

7 But reject profane and old wives' fables, and **exercise yourself toward godliness.**

exercise = gymnazo

Nothing reveals the state of your spiritual health like adversity. How do you respond to stressful situations?

Either you are exercising (training) yourself toward godliness or you are exercising (training) your flesh.



Temple of Hera

Stadion

Temple of Zeus

Gymnasium

Lodgings



2 Timothy 4:6–8 (NKJV)

⁶ For I am already being poured out as a drink offering, and the time of my departure is at hand. ⁷ I have fought the good fight, I have finished the race, I have kept the faith.

⁸ Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.

Revelation 4:9–11 (NKJV)

⁹ Whenever the living creatures give glory and honor and thanks to Him who sits on the throne, who lives forever and ever,

¹⁰ the twenty-four elders fall down before Him who sits on the throne and worship Him who lives forever and ever, and cast their crowns before the throne, saying:

¹¹ “You are worthy, O Lord, To receive glory and honor and power; For You created all things, And by Your will they exist and were created.”

**Make no mistake about it.
The Lord is looking for winners.**

2 Thessalonians 1:3–8 (NKJV)

³ We are bound to thank God always for you, brethren, as it is fitting, because your faith grows exceedingly, and the love of every one of you all abounds toward each other, ⁴ so that we ourselves boast of you among the churches of God for your patience and faith in all your persecutions and tribulations that you endure, ⁵ *which is*

manifest evidence of the righteous judgment of God, that you may be counted worthy of the kingdom of God, for which you also suffer; ⁶ since *it is* a righteous thing with God to repay with tribulation those who trouble you, ⁷ and to *give* you who are troubled rest with us when the Lord Jesus is revealed from heaven with His mighty angels, ⁸ in flaming fire taking vengeance on those who do not know God, and on those who do not obey the gospel of our Lord Jesus Christ.

Spiritual Exercise

Hebrews 5:12–14 (NKJV)

¹² For though by this time you ought to be teachers, you need *someone* to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. ¹³ For everyone who partakes *only* of milk is unskilled in the word of righteousness, for he is a babe. ¹⁴ But solid food belongs to those who are of full age, *that is*, those **who by reason of use have their senses exercised to discern both good and evil.**

**How do you do the right
kind of exercise?**



1 Corinthians 9:24–27 (NKJV)

²⁴ Do you not know that those who run in a race all run, but one receives the prize?

Run in such a way that you may obtain it.

²⁵ And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. ²⁶ Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. ²⁷ But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

1. Don't Quit

1 Peter 5:6–11 (NKJV)

⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you. ⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. ¹⁰ But may the God of all grace,

who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle *you*. ¹¹ To Him *be* the glory and the dominion forever and ever. Amen.

Proverbs 24:16 (NIV)

¹⁶ for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.

1 John 2:19 (NKJV)

19 They went out from us, but they were not of us; for if they had been of us, they would have continued with us; but *they went out* that they might be made manifest, **(become visible to us)** that none of them were of us.

2. Follow the training manual.

1 Peter 3:9 (NKJV)

⁹ not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

Matthew 6:14–15 (NLT)

¹⁴ “If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins.

Luke 6:27–35 (NLT)

²⁷ “But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. ²⁸ Bless those who curse you. Pray for those who hurt you. ²⁹ If someone slaps you on one cheek, offer the other cheek also. If someone demands your coat, offer your shirt also. ³⁰ Give to anyone who asks; and when things are taken away from you, don’t try to get them back. ³¹ Do to others as you would like them to do to you. ³² “If you love only those who love you, why should you get

credit for that? Even sinners love those who love them! ³³ And if you do good only to those who do good to you, why should you get credit? Even sinners do that much! ³⁴ And if you lend money only to those who can repay you, why should you get credit? Even sinners will lend to other sinners for a full return.

³⁵ “Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to those who are unthankful and wicked.

3. Believe in the transforming power of new life in Christ.

2 Corinthians 5:17 (NKJV)

¹⁷ Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

Philippians 3:13–16 (NLT)

¹³ No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus,

is calling us. ¹⁵ Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. ¹⁶ But we must hold on to the progress we have already made.

Ephesians 4:25–32 (NLT)

²⁵ So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. ²⁶ And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil. ²⁸ If you are a thief, quit stealing. Instead, use your hands

for good hard work, and then give generously to others in need. ²⁹ Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. ³⁰ And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. ³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.