

October 25th – What God Thinks of Exercise

“Reject profane and old wives’ fables, and exercise yourself toward godliness. For 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.” (1 Timothy 4:7-8)

It’s just my opinion, but I think our culture is more health-conscious than it’s ever been. Health club memberships are at an all-time high. The food industry has been revolutionized with the demand for organic foods. Even schools are beginning early, trying to educate children against the dangers of obesity. \$20 billion is spent annually on the U.S. weight-loss industry, including diet books, diet drugs and weight-loss surgeries. An estimated 108 million Americans are currently on a diet. Wow!

The emphasis on health and wellness is a good thing. The Apostle Paul reminds us that “bodily exercise profits a little.” Regular exercise is a great way to prevent so many maladies – heart disease, diabetes, obesity, etc. Exercise is also proven to be a great stress reliever. I try to exercise regularly – I can’t say I enjoy it, but I love the way it makes me feel. Through exercise, it’s my hope that I’ll be here for a long time.

Our fascination with fitness also indicates a problem – it appears that we’re more passionate about our physical health than our spiritual health. Paul tells us that physical exercise is good, but spiritual health is much better because it will profit us in this life and the life to come. After all, Jesus is not going to ask how many miles you ran and how much you bench pressed when you stand before Him in judgment. He’ll want to know how much you loved Him, how much you prayed, and how many disciples you made. God help us to be both physically AND spiritually fit!