

Take 5! : A Stronger You

A Stronger You



6 If 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.

7 But reject profane and old wives' fables, and exercise yourself toward godliness. 8 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.

9 This is a faithful saying and worthy of all acceptance.

10 For to this end we both labor and suffer reproach, because we trust in the living God, who is the Savior of all men, especially of those who believe. 11 These things command and teach. 1 Timothy 6:6-11

**Thank you for returning for another
Take 5! Bible Study.**

Before we begin our study time today, please take a moment to pray. Ask God to ready your heart, mind and spirit to receive from His Holy Word.

If you haven't already, read the verses above.

Name two things from verse 6 which nourish us.

We are nourished by words of faith and good doctrine. The word

nourish transliterates as *entreph*. *Entreph* and its derivatives mean “to nourish or fatten a person, to educate the mind, to bring up, to nurture.” The truth of God’s Word is the only thing we should feed our heart. It enriches the mind, body and spirit.

Two types of exercise are mentioned in verses 7 and 8, *godly* and *bodily* exercise.

While we are all very familiar with bodily exercise, what does exercise in godliness consist of?

Matthew Henry states exercising godliness is “ceasing to do evil and learning to do well.” We must stop living to gratify our own desires and learn what God wants us to do by studying, praying and meditating on His Word.

The Greek word for *exercise* is *gymnazo*. Gym—exercise. Very fitting. Its definition is rather ... huh ... interesting. *Gymnazo* means “to vigorously exercise the body or the mind, to exercise naked.” We come before God with souls uncovered (naked), admitting our sin and our need for Him. That’s exercising godliness in the raw.

Why is exercise in godliness more beneficial than bodily exercise?

Bodily exercise gives us life. Exercising godliness gives us life and eternal life. Life for the here and now and life for forever.

What words come to mind when you think of exercise?

Blood, sweat, tears, pain, perseverance – words that also speak of the Cross. The Cross is an exercise of love and grace. Like all exercise, exercise in godliness is painful, critical and beneficial. Without it we may exist, but we will never flourish.

What are we to do after we have suffered and labored to exercise godliness (verse 11)?

We turn and teach others what we have learned. Just as we love to exercise with a friend, we ask others to join us in the journey.

Thank you for studying with me today. **Be strong in the Lord.**

Please comment below and let me know how you will exercise godliness today.

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