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What You Should Watch Out For *1 Timothy 4*

Rev. Alan Gibbon
Knightswood Congregational Church
Glasgow

“Spiritual Fitness” Fitness Crazes

Most who know me know that I am a big believer in being physically fit. One of the highlights of my day is to get to the gym and go through my regular workout routine. But physical fitness doesn't happen overnight.

First Timothy 4:7-8 says:

*7Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly.
8For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Tim. 4:7-8*

In other words, it's good to be physically fit, and it's even better to be spiritually fit. But just how do you get spiritually fit?

We could develop some training videos on spiritual fitness:

What does it mean to be “Spiritually Fit”? And how do you get there?

Just as the body needs the proper daily nourishment of food, spiritual fitness requires the proper daily nourishment of spiritual food. In Matthew 4:4 Jesus stated:

'Man does not live on bread alone, but on every word that comes from the mouth of God.'
Matthew 4:4

In other words, man is more than just a physical being. He is a spiritual being as well as a physical being. And just as the physical side of him needs nourishment, so does the spiritual nature.

12For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12

It's better than Oprah, Jeremy Kyle put together!

Application: In order to experience proper growth, you must regularly read God's Word and listen to his voice.

17For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: "The righteous will live by faith." Romans 1:17

8For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God-- 9not by works, so that no one can boast. Ephes. 2:8-9

A Sustaining Faith

We live by faith, not by sight. 2 Cor. 5:7