

Getting “Cross Fit”

102917AM

1 Timothy 4:8-11

Becoming Spiritually Fit

- There are many fitness & exercise experts to help you lose weight, get into shape.
- Col. 2:20-23 – Also many religious “experts” who have all the answers for spiritual wellbeing with their popular wisdom, experiences & entertaining tales.
- 1 Tim. 4:6-11 – Better off to learn from instructions to a young preacher on how Christians become spiritually fit.

Needs Healthy Nutrition

- Refuse junk food – error (4:7).
- Nutrition: “The words of the faith...of good doctrine” that must be followed (4:6), faithful (4:9), commanded (as from God - 4:11), given careful attention (4:13), take heed to continue in (4:16).
- The Bread of Life (Jesus) - Jn. 6:33-35, 45, 48-51, 57-58, 63, 68.
- Sincere/pure milk of the word - 1 Pet. 2:2.
- Meat of truth - Heb. 5:12-14.

Needs Consistent Exercise

- Exercise toward godliness (4:7).
- Labor & suffer reproach, trusting your Trainer – **God** (4:10).
- Teach with conviction (4:11).
- Example “in conduct, in love, in spirit, in faith, in purity.” (4:12).
- Practice studiously (4:13-14).
- Meditate – attend to carefully (4:15).
- Disciplined repetition (4:16).

Because It's A Fight

- 1 Tim. 6:12 – Fight the good fight of faith!

- 2 Cor. 5:6-8 – Walk by faith, not by sight.
- Heb. 11:7 – Noah believed God's warning “of things not yet seen” & obeyed.
- 1 Jn. 5:3-4 - Faith that overcomes the world obeys God out of love for Him.
- Rom. 10:17 – Not of the Word, not of Faith.
- Eph. 3:17 + Col. 3:16 – Christ dwells in our hearts by faith when the word of Christ dwells richly within us!

Because It's A Race

- Heb. 12:1-4 – Lay aside every weight, run with patience, look to Jesus, consider His motivation for endurance, be encouraged by Him!
- 1 Cor. 9:24-27 – Spiritual self-control & focus to do right & avoid sin.
 - **WANT** the goal – an incorruptible, imperishable crown.
 - Endurance to the end (9:27); 2 Tim. 4:7 – Fight, Finish, and Keep!

To Be A Contender

- Jude 3 – “Beloved, while I was very diligent to write to you concerning our common salvation, I found it necessary to write to you exhorting you to contend earnestly for the faith which was once for all delivered to the saints.”
- Because we have the final installment!
- Jude 4 – Because of false teachers.

Decision...

- Proper nutrition & adequate exercise are necessary for any successful fitness program.
- Even more so for our spiritual fitness program.
- Be careful to feed upon God's word and exercise our faith through consistent, confident obedience.
- 2 Cor. 13:5 – Examine Ourselves...
- 2 Tim. 4:7-8 – If we will, victory in Christ is promised & assured!