

**...if you think a minute
goes by really fast...**



**...if you think a minute
goes by really fast...**

**...you've never been
on this bike!**



**...exercise thyself unto
godliness: for bodily
exercise is profitable
for a little; but
godliness is profitable
for all things...**

I Tim. 4.6-10

**...exercise
thyself
unto
godliness...**

**“train yourself for
godliness”**

**”train yourself to be
godly”**

**“discipline yourself for the
purpose of godliness”**

Self-directed

- Individual emphasis
 - ...what man knows the things of a man save the spirit of a man that is within him...
- Individual implementation
- We will look at examples of training regimens of various actors
 - I am not so unique that I cannot learn from others
 - Learning theory is broadly applicable

Leaving in some cases, doing in others

- Leaving
- Doing
- Combined leaving and doing

**“...cultivate piety, and seek to
become more holy...”**

**“Timothy is told that as an athlete
trains his body, so the Christian
must train his soul.”**

**“Such exercise involves reading and
studying the Bible, prayer,
meditation...”**

**...godliness is profitable for all
things...**

**...promise of the life that now is
and of that which is to come...**

**While
exercising,
listen to what
your body is
telling you...**



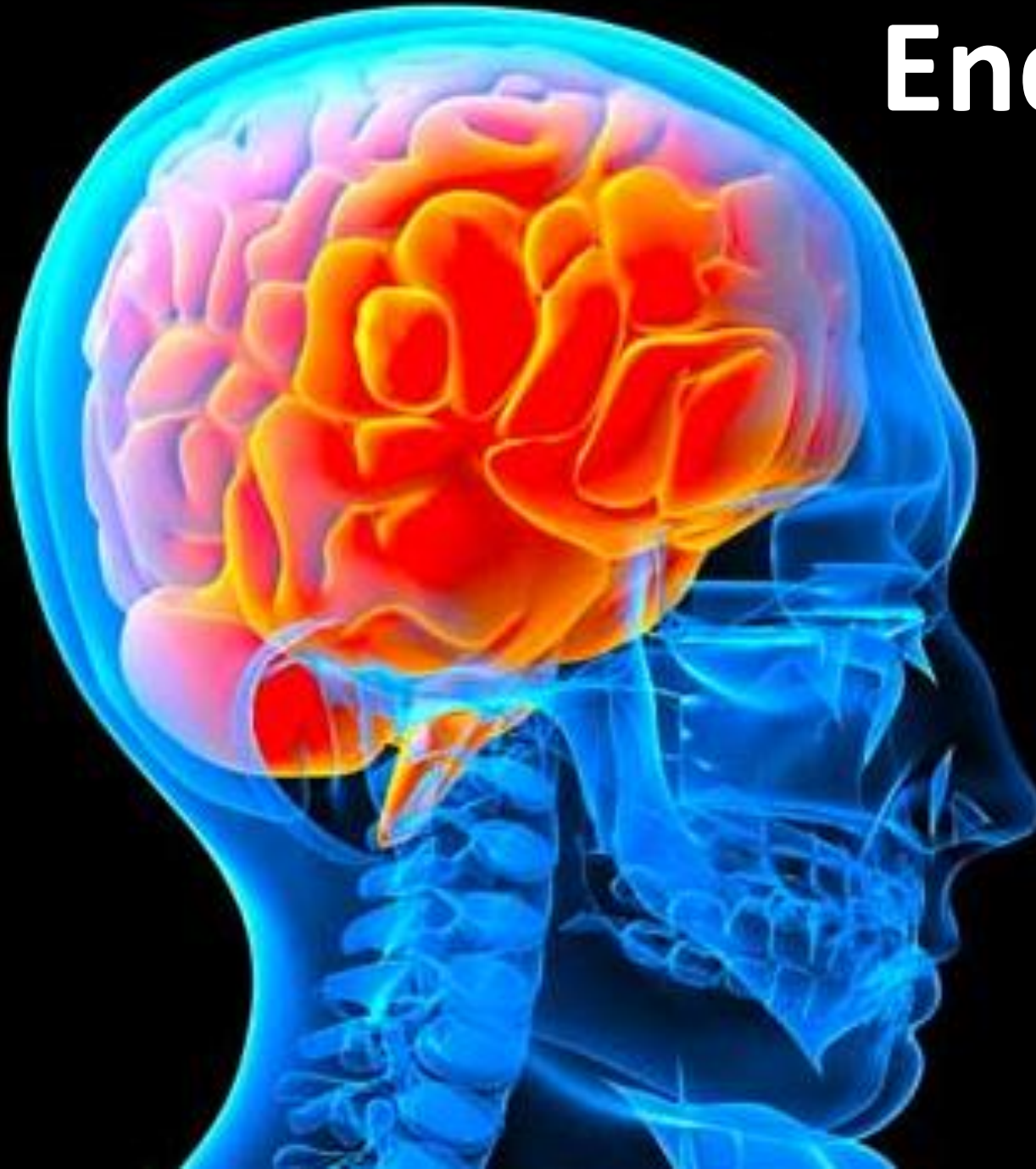
Meditation

Psalms 1:1-2

Phillipians 4.8



**Endorphins,
Oh yeah!**



Singing

Ps. 71.23

Ac. 16.25





I love this!

Hospitality

Hebrews 13.2





More!

Prayer

Daniel 6.10
Colossians 4.2





What?

Teaching

Hebrews 5.12f





Let's think
about
this

Forgiving

Col. 3.13

Eph. 4.32





We hate you

Generosity

Hebrews 13.16
Acts 20.35




**We're gonna
turn into
ten-pound
weights now**



Fasting
Nehemiah 1.4
Acts 13.2-3
Acts 14.23



A person wearing black leggings and colorful running shoes is standing on a paved path. They are holding their right knee with both hands, suggesting a knee injury or pain. The background is a lush green forest with a path leading into the distance.

**I'm going
to start hurting
in random
places,
okay?**

“A spiritual discipline is, when practiced faithfully and regularly, a habit or regular pattern in your life that repeatedly brings you back to God and opens you up to what God is saying to you.”

“Spiritual disciplines can be described as behaviors that facilitate spiritual growth.”

**WHAT DOES
ALL OF THIS
REALLY MEAN
FOR ME?**

**Sometimes spiritual
exercise is
really
hard**



**Don't just try,
train
before
you
try**





NOPE

**Spiritual
exercise
will
make you
stand out**

OBSESSED
IS A WORD THE
LAZY USE TO
DESCRIBE
DEDICATED

Spiritual
exercise
will
make you
stand out

Exercising like men won't
make you a man...



Exercising like men won't
make you a man...
...or a christian

