

# MESSAGE

Occasion : Morning Worship  
Date : October 30, 2016

**TITLE** : **BEING SPIRITUALLY FIT**  
**Text/s** :

1 Tim 4:6-9

6 If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained.  
7 But refuse profane and old wives' fables, and exercise thyself rather unto godliness.  
8 For bodily exercise profiteth little: but godliness is profitable unto 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 acceptation.  
KJV

Eph 5:26-27

26 That he might sanctify and cleanse it with the washing of water by the word ,  
27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.  
KJV

1 Peter 2:9

9 But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:  
KJV

Bible reading :

Titus 2:11-15

11 For the grace of God that bringeth salvation hath appeared to all men,  
12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;  
13 Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ;  
14 Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.  
15 These things speak, and exhort, and rebuke with all authority. Let no man despise thee.  
KJV

Song/s :

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## INTRODUCTION

Eph 5:26-27

26 That he might sanctify and cleanse it with the washing of water by the word ,  
27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.  
KJV

2 Peter 3:14

14 Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless.  
KJV

1 Tim 4:6

6 If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained.  
KJV

2 Cor 11:2

2 For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present you as a chaste virgin to Christ.

KJV

Eph 1:4

4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

KJV

Col 1:21-22

21 And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled

22 In the body of his flesh through death, to present you holy and unblameable and unreproveable in his sight:  
KJV

Phil 2:15-16

15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

16 Holding forth the word of life; that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain.

KJV

1 Thess 3:13

13 To the end he may stablish your hearts unblameable in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints.

KJV

Titus 2:14

14 Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.

KJV

1 Peter 2:9

9 But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

KJV

**We are bombarded these days with all kinds of applications in the body – external and internal.**

**We are bombarded with diet plans, exercise programs, health foods, beauty aids, massage parlors, skin clinics – all aimed at improving our looks, lives and lifestyles. But notice**

1 Tim 4:7-9

7 But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

8 For bodily exercise profiteth little: but godliness is profitable unto 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 acceptation.

KJV

1 Tim 4:7-9

7 But refuse and avoid irreverent legends (profane and impure and godless fictions, mere grandmothers' tales) and silly myths, and express your disapproval of them. Train yourself toward godliness (piety), [keeping yourself spiritually fit].

8 For physical training is of some value (useful for a little), but godliness (spiritual training) is useful and of value in everything and in every way, for it holds promise for the present life and also for the life which is to come.

9 This saying is reliable and worthy of complete acceptance by everybody.

AMP

1 Tim 4:7-8

7 Don't waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. 8 Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.

TLB

1 Tim 4:7-9

7 Stay clear of silly stories that get dressed up as religion. Exercise daily in God — no spiritual flabbiness, please! 8 Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. 9 You can count on this. Take it to heart.

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1 Tim 4:7-9

7 Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. 8 "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

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1 Tim 4:7-8

7 But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; 8 for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

NASU

Therefore – spiritual hygiene is much more important than physical hygiene.

Some things to consider:

#### A) We should grow in the Word

1 Peter 2:2

2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby:  
KJV

NT:837

<START GREEK>au)ca/nw

<END GREEK> auzano (owx-an'-o); a prolonged form of a primary verb; to grow ("wax"), i.e. enlarge (literal or figurative, active or passive): KJV - grow (up), (give the) increase.

1 Peter 5:1-3

1 The elders which are among you I exhort, who am also an elder, and a witness of the sufferings of Christ, and also a partaker of the glory that shall be revealed:

2 Feed the flock of God which is among you, taking the oversight thereof, not by constraint, but willingly; not for filthy lucre, but of a ready mind;

3 Neither as being lords over God's heritage, but being ensamples to the flock.

KJV

Heb 5:12-6:1

12 For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat.

13 For every one that useth milk is unskilful in the word of righteousness: for he is a babe.

14 But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

KJV

2 Peter 3:18

18 But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

KJV

2 Peter 3:17-18

17 Ye therefore, beloved, seeing ye know these things before, beware lest ye also, being led away with the error of the wicked, fall from your own stedfastness.

18 But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

KJV

2 Thess 1:3

3 We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth;

KJV

Eph 4:15

15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

KJV

Col 3:16

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

KJV

## B) We are to show that we have been nourished up

1 Tim 4:6

6 If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained.

KJV

NT:1789

<START GREEK>e)ntre/fw

<END GREEK> entrepho (en-tref'-o); from NT:1722 and NT:5142; (figuratively) to educate: KJV - nourish up in.

1 Tim 4:6

6 If you present all this to the brothers, you will be serving the Messiah Yeshua well; it will show that you have digested the words of the faith and of the good teaching which you have followed.

CJB

Dan 1:10-16

10 And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king.

11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

14 So he consented to them in this matter, and proved them ten days.

15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

KJV

**Titus 1:9**

9 Holding fast the faithful word as he hath been taught, that he may be able by sound doctrine both to exhort and to convince the gainsayers.

KJV

**Eph 4:15-16**

15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

KJV

**Titus 2:1-10**

2:1 But speak thou the things which become sound doctrine:

2 That the aged men be sober, grave, temperate, sound in faith, in charity, in patience.

3 The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things;

4 That they may teach the young women to be sober, to love their husbands, to love their children,

5 To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

6 Young men likewise exhort to be sober minded.

7 In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity,

8 Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you.

9 Exhort servants to be obedient unto their own masters, and to please them well in all things; not answering again;

10 Not purloining, but shewing all good fidelity; that they may adorn the doctrine of God our Saviour in all things.

KJV

### **C) We recognize the value of spiritual exercise**

**1 Tim 4:7-8**

7 But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

8 For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

KJV

**Heb 5:14**

14 But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

KJV

**2 Peter 1:5-8**

5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;

6 And to knowledge temperance; and to temperance patience; and to patience godliness;

7 And to godliness brotherly kindness; and to brotherly kindness charity.

8 For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

KJV

**1 Tim 6:3**

3 If any man teach otherwise, and consent not to wholesome words, even the words of our Lord Jesus Christ, and to the doctrine which is according to godliness;

KJV

### **D) We must cleanse our way**

Ps 119:9

9 Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.  
KJV

2 Cor 7:1

7 Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.  
KJV

John 17:17

17 Sanctify them through thy truth: thy word is truth.  
KJV

James 4:8

8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.  
KJV

Eph 5:26-27

26 That he might sanctify and cleanse it with the washing of water by the word,  
27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.  
KJV

2 Tim 2:22-23

22 Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.  
23 But foolish and unlearned questions avoid, knowing that they do gender strifes.  
KJV

## **E) We must be prepared and fit for the Master's use**

2 Tim 2:20-21

20 But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour , and some to dishonour.  
21 If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work.  
KJV

Eph 2:10

10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.  
KJV

Acts 9:15-16

15 But the Lord said unto him, Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles, and kings, and the children of Israel:  
16 For I will shew him how great things he must suffer for my name's sake.  
KJV

Titus 3:8

8 This is a faithful saying, and these things I will that thou affirm constantly, that they which have believed in God might be careful to maintain good works. These things are good and profitable unto men.  
KJV

Titus 3:14

14 And let ours also learn to maintain good works for necessary uses, that they be not unfruitful.  
KJV

2 Tim 3:16-17

16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

17 That the man of God may be perfect, throughly furnished unto all good works.

KJV