



The Most Important Exercise of All

1 Timothy 4:7



7 benefits of regular physical activity

No. 1: Exercise controls weight

No. 2: Exercise combats health conditions and diseases

No. 3: Exercise improves mood

No. 4: Exercise boosts energy

No. 5: Exercise promotes better sleep

No. 6: Exercise puts the spark back into your sex life

No. 7: Exercise can be fun

Men's Health

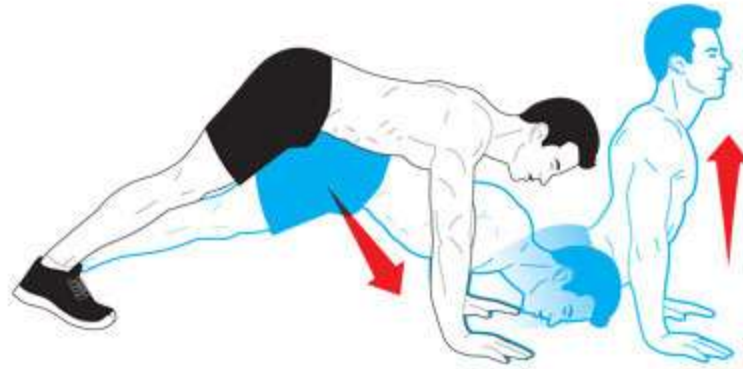
**15-Minute Workout:
3 Moves
300 Muscles**

Body-Weight Squat



Stand with your feet shoulder-width apart. Lower your body as far as you can by pushing your hips back and bending your knees until your thighs are parallel to the floor. Pause, and slowly stand back up. *10 Reps each exercise*

Judo Pushup



Begin in a pushup position but move your feet hip-width apart and forward, and raise your hips so your body almost forms an upside-down V. Lower the front of your body until your chin nears the floor. Then lower your hips as you raise your head and shoulders toward the ceiling. Now reverse the movement and return to the starting position.

Sprinter Situp



Lie on your back with your legs straight and arms at your sides, keeping your elbows bent at 90 degrees. As you sit up, twist your upper body to the left and bring your left knee toward your right elbow while you swing your left arm back. Lower your body to the starting position, and repeat to your right.

That's 1 rep.

Source: www.menshealth.com



1 Timothy 4:7-8 (NKJV)

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.

1 Corinthians 15:44b (NKJV)

There is a natural body, and there is a spiritual body.





Proverbs 3:5-6 (NKJV)

⁵Trust in the Lord with all your heart, And lean not on your own understanding; ⁶In all your ways acknowledge Him, And He shall direct your paths.

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Proverbs 3:5-6 (NLT)

⁵ Trust in the Lord with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will show you which path to take.

Proverbs 3:5-6 (MSG)

⁵ Trust God from the bottom of your heart; don't try to figure out everything on your own. ⁶ Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track.

Genesis 4:5-7 NLT



⁵but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. ⁶“Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? ⁷You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.”



Spiritual Exercises

training
for
holiness



DISCIPLINE

PRACTICE

SACRIFICE

Romans 12:2 NKJV



**And do not be conformed to this world,
but be transformed by the renewing of your
mind, that you may prove what *is* that good
and acceptable and perfect will of God.**

Ecclesiastes 3:1 NKJV



**To everything *there is* a season,
A time for every purpose under heaven:**



Spiritual Exercise

NOT FOR SALE!



1 Timothy 6:6 (NKJV)

Now godliness with contentment is great gain.



Spiritual EXERCISES

1. Step back

Walk away from, stay clear of,
Reject, refuse...(v. 7)

Spiritual

EXERCISES

2. Discipline

Walk away from, stay clear of,
Reject, refuse... (v. 8)



Spiritual

EXERCISES

3. Work Out

Labor (v. 10), toil, strive...



Spiritual

EXERCISES

4. Trust

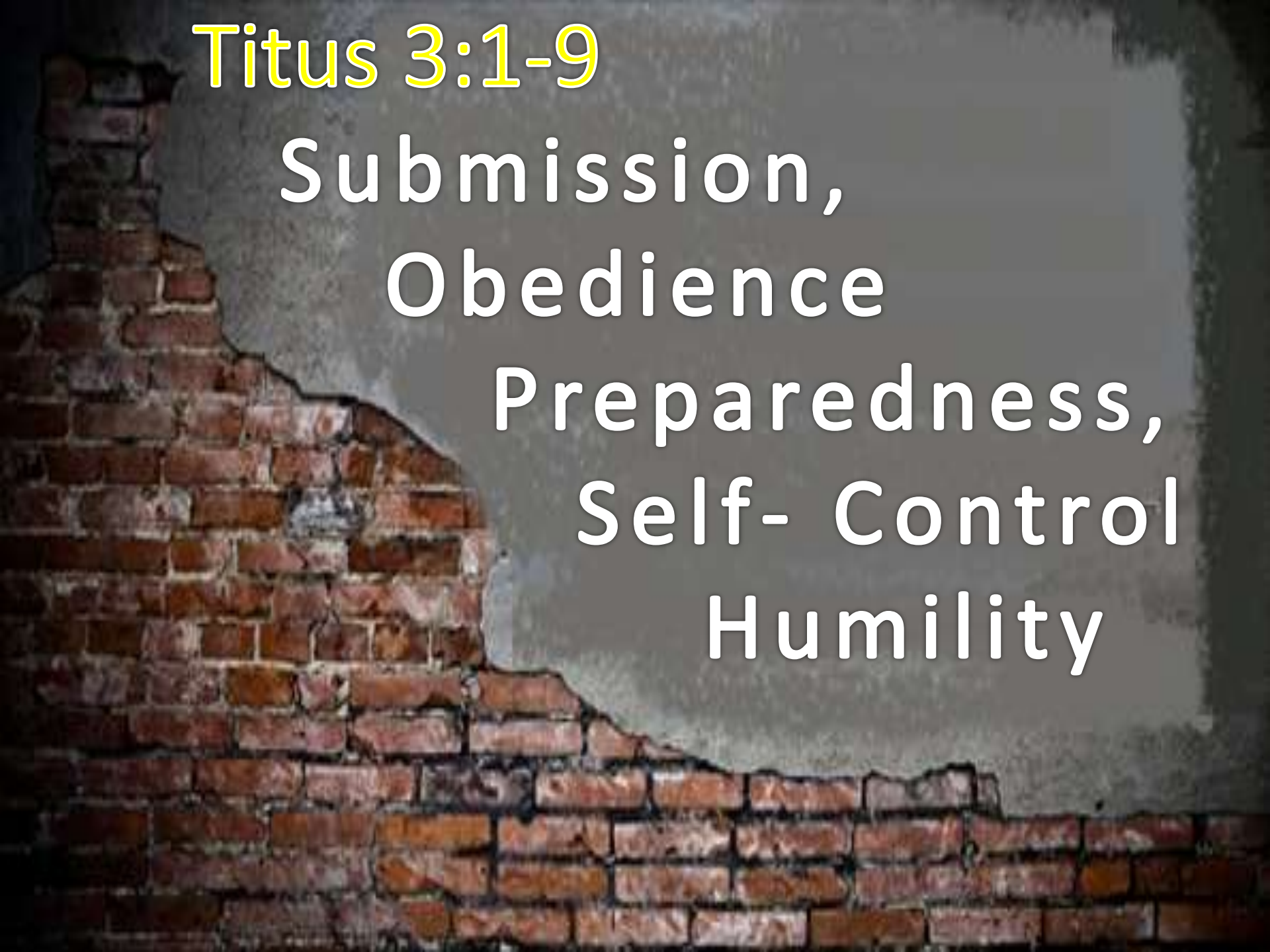
Confide in God (v. 10),
persevere...exercise in faith!



2 Timothy 4:7 NKJV



**I have fought the good fight,
I have finished the race,
I have kept the faith.**



Titus 3:1-9

Submission,

Obedience

Preparedness,

Self- Control

Humility