

## Exercising For Eternity

### I Tim. 4:6-10

#### **Good servants hold to good doctrine and point out what's false. 6,7a**

- *These things* (6,11,15) refers to 4:1-6 but also previous teachings.
- A good servant takes in good doctrine (*good* is repeated)
- A good servant tunes out ungodly myths, cf. 1:4, II Tim. 4:4, Titus 1:14.

#### **Godly exercise beats bodily exercise hands down. 7b-10**

- *Train* (NIV,NLT,ESV) or *exercise* (KJV) captures this athletic term best.
- Both physical and spiritual exercise are profitable, but spiritual exercise is so much more profitable because the godliness it produces pays off in this life and in the life to come.
- Present profitability of godliness can be seen in Proverbs, Psalms (e.g. Ps. 1), Phil. 2:15, II Pt. 1:4, but the real emphasis is on the life to come.
- Profiting for believers in the life to come is based on being a faithful servant who seeks to be godly, 6:18,19, II Tim. 4:8, Lk.6:35, 19:17-19.
- What might be some spiritual exercises / training for us to be doing now so we experience fully what the next life holds for believers?

What might be keeping us from spiritually working out as we should?

