

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....”
John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



Kevin & Pam Barthel
Missionaries
to Canada

Please Contact Them at
kevandpamb@gmail.com

How To Exercise

God intended for us to be physically active. In the last one hundred years, things have changed. We have gone from being an agrarian society to being a technological society. We have gone from fifteen-hour days in the field to fifteen-hour days in front of a computer screen. We’ve gone from being physically active to being physically inactive. And it hasn’t done our society any good. The sedentary lifestyle most of us now follow has contributed to the problem of obesity in this country. And in recent years, it has been getting worse. A recent study published by the Washington University School of Medicine determined that obese Americans now outnumber those who are merely overweight. As of 2012, 67.6 million Americans were classified as obese, while an additional 65.2 million were classified as overweight. This is an alarming trend.

There is nothing wrong with doing sedentary work as long as you realize you have to compensate for the lack of exercise in your line of work by being intentional about exercise. You have to schedule exercise into your life or it won’t happen. I’m sure your head is nodding as you read this. You know what I mean, don’t you?

There is only one Scripture passage in the Bible that mentions the word *exercise*. It is found in 1 Timothy 4:8, where Paul writes to Timothy, “For bodily exercise profits a little.” I loved this verse, and if anybody talked about exercise, I would remind those people that it profited only “a little.” However, that verse is a comparative statement. It is comparing physical exercise to spiritual exercise. When we exercise physically, we are taking care of the temporal. When we exercise spiritually, we’re taking care of the eternal.

Some of you are out of balance in this area. Some of you are physically active and in perfect shape, but you never read your Bible, pray, or go to church as you should. You have abs and biceps to prove that you are strong physically, but you don’t have the spiritual muscles you need to survive in this world. You need to exercise spiritually. All of us will die one day, and we’d better be investing ourselves in something that’s going to outlast us, something of eternal significance. That’s what the Timothy verse is teaching us. We can’t use that verse as an excuse not to exercise, because God has told us to be physically active. We have to be intentional about getting enough exercise.

By the way, look again at that verse in 1 Timothy. Paul doesn’t say that exercise profits us nothing. He says it does profit us, but only a little compared to the pursuit of physical strength. We need both physical exercise and spiritual exercise.

KEY VERSE

Isaiah 40:31 (NKJV)

*But those who wait on the Lord shall renew their strength;
They shall mount up with wings like eagles,
They shall run and not be weary, They shall walk and not faint.*

WEEKLY READINGS

Monday: I Timothy 4:8; I Corinthians 6:19-20; Matthew 8

Quit Making Excuses

1. If Jesus visited you to discuss your health, what would he say about your current condition? What would He say about your exercise?
2. Are you as concerned about godliness as you are about physical exercise? In what ways are you exercising yourself to become more godly?

Tuesday: Galatians 6:7-8; Romans 13:14; Matthew 9

Fear The Consequences Of Not Exercising

3. In your own words, what are the consequences of not exercising?
4. What are some temptations or distractions that keep us from not exercising?

Wednesday: Isaiah 40:28-31; II Corinthians 4:16; Matthew 10

Rely On God

5. Isaiah 40:31 says that when you rely on God, He will give you the strength to walk and run. What do you need God to give you the strength to do in order to keep your commitment to exercise each day?
6. Temptation will come. What are some of the greatest temptations you face in your struggle to become healthy? What are you doing to handle those difficult times?

Thursday: Genesis 2:15; Psalm 128:1-2; Matthew 11

Define Exercise As Movement

7. Exercise is movement. What strategies can you incorporate into your daily routine to move more?
8. The idea of work and exercise has changed greatly over the past 100 years. How can you find ways to move during your day if you have a job that requires sitting for hours?
9. What type of exercise do you enjoy doing? How will you incorporate this into your daily fitness routine?

Friday: I Corinthians 9:24-27; III John 2; Matthew 12

Make A Plan

10. What are your exercise goals?
11. It is important to make a sacred appointment with yourself to exercise at least 30 min a day, five times per week. What is the best time for you to do this?
12. How will you block out your calendar to make sure you do it?