

**SECURING EARTHLY AND ETERNAL PROFITS – 1 TIMOTHY 4:7b-11**

After instructing Timothy to \_\_\_\_\_ the saints about being on guard against seductions, devilish doctrines, lies, hypocrisy and fables, Paul follows up with good useful personal advice that will reap immediate and long-lasting benefits. These are simple practical and faithful sayings that are not only worthy of being \_\_\_\_\_ but also of such importance they are to be \_\_\_\_\_ and taught.

1. The types of profitable exercise for the \_\_\_\_\_ of God – 1 Timothy 4:7b-9

a. Physical work-out – verse 8a

- Profits are reaped from exercising the \_\_\_\_\_

- Weight management
- Reduce health risks or to manage chronic health conditions
- Strengthen bones and muscles
- Reduce stiffness and joint pain
- Improve balance
- Aids digestion and elimination
- Increase endurance
- Lower blood pressure and enhance blood flow
- Improve memory and brain function
- Aid in sleep
- Help prevent depression and anxiety
- Increase life span

- Compared to eternity bodily exercise profits little, but it does \_\_\_\_\_

Our body is the \_\_\_\_\_ of the Holy Ghost and has been purchased by Jesus Christ for his use. Therefore, we are responsible to care for our physical well-being so we can live longer and accomplish more for our God, family, church, and world – 1 Cor. 3:17; 6:19-20; 2 Cor. 6:16

b. Spiritual work-out – verse 7b, 8b

- Profits are reaped from exercising godliness in our lives \_\_\_\_\_ – 1 Cor. 9:24-27

- Keeps the believer from sin – Heb. 12:1
- Causes us to depend upon God – Ps. 50:15; Mt. 6:8; 2 Cor. 12:7-10
- Strengthens the faith of the inner man – Eph. 3:16
- Maintains close personal fellowship with God – 1 John 1:3-10
- Delivers a quiet and peaceable life – 1 Ti. 2:2
- Gives joy unspeakable – 1 Peter 1:6-9
- Creates stability and a sound mind – 2 Ti. 1:7-9

Ability to discern between good and evil – Heb. 5:14

Power to preach and spread the gospel – Gal. 2:2

Allows the believer to fulfill a personal calling from God – Phil. 3:13-14

To have a conscience void of offense toward God and men – Acts 24:16

Capacity to both receive and accept chastening from the Lord – Heb. 12:11

- Profits are reaped from exercising godliness in our lives throughout \_\_\_\_\_ – Jo. 5:24; 14:2-3; 17:3

Laying up treasures in heaven – Mt. 6:19-20

Secures rewards at the judgement seat of Christ – 1 Cor. 3:11-17; 2 Cor. 5:10

Secures crowns for our service in this life that will be given back to Christ – Rev. 19:12

Affects our work as kings and priests of God administrating his ever-increasing everlasting kingdom – Is. 9:7; Rev. 1:6; 5:10

Note: This applies not only to pastors but to \_\_\_\_\_ believers – verse 9, 11; 1 Cor. 4:1-2; 1 Pe. 4:10-11

## 2. Why all ministers of God must be spiritually exercised unto godliness – 1 Timothy 4:10-11

a. We both labour and suffer reproach – verse 10a; 1 Cor. 9:24; Phil. 3:13-14

b. We trust in the living God – verse 10b

*He is the Saviour of all men, specially of those that believe*—Salvation is a free gift offered and obtainable by all men, but that salvation is \_\_\_\_\_ to those that have received Jesus Christ as their personal Saviour

c. We must command and teach these things – verse 11