

INTRODUCTION

Christ Jesus came into the world to save sinners! That is a faithful or true saying, worthy of all acceptance.

We come into this world as sinners.
Being sinners, we are in need of saving.
Christ Jesus came into the world to save sinners.
That news is true, and worth believing in.

There is another saying of which the Bible makes the same promise, in the area of spiritual diet and exercise.

TEXT

1 Timothy 4:8-9 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. 9 This is a faithful saying and worthy of all acceptance.

BODY

- I. We Are Interested In Things By Which We Can Profit Or Benefit
 - A. By the amount of the profit
 1. If something seems to lead to little profit, we might be willing to devote a little time or effort to it, but probably not much.
 2. But if something seems to lead to much profit or benefit, we might be willing to devote much of our time or effort to it.
 - B. By the likelihood of the profit
 1. If we thought something were likely to bring profit, we might devote ourselves to that
 2. If we knew something were SURE to bring MUCH profit, we would be wise to devote ourselves to that thing.

II. Bodily Exercise Profits Little

- A. Bodily exercise or training is profitable or valuable or beneficial
 1. good for general health
 2. helpful in many vocations
 3. essential for some vocations
 4. useful in crises
- B. But whatever profit there is in bodily exercise is but little, because it brings benefits only in this life, not the life to come
 1. this life is only 70 years, or possibly 100; then it's over
 2. any bodily exercise gives profit only during those 70 years; it delivers no profit whatsoever after that
 3. you shall exist for ever and ever without end; so this life is an infinitely small part of your existence; a little simple math:
 - a) 700 years - 10%
 - b) 7,000 years - 1%
 - c) 7,000,000 years - .001%
- C. Even the highest degree of bodily exercise, when it yields the most benefits in this life, still profits only a little
 1. e.g. rich man Luke 16:19-26
 - a) whatever it was he did in this life was profitable or valuable or beneficial (Luke 16:19)
 - (1) he got to dress well
 - (2) he got to eat well
 - b) but that profit or benefit or value was for this life only, and gave him no benefit in the life that is to come
 2. e.g. Arnold Schwarzenegger
 - a) when he was a very young man, he began to work very hard in bodily exercise, and continued to work very hard at things for his whole life
 - b) he became famous, rich, and powerful
 - (1) for a time he was the world's champion bodybuilder
 - (2) for a time he was the world's most popular actor
 - (3) for a time he was governor of the largest state in the Union
 - c) he is a great example of going all a person can do in bodily exercise, and gaining all the profit there is to be had from it
 - d) but now he is 74 years old; his life in this world cannot last much longer

Bodily exercise profits little; but

III. Godliness Is Profitable For All Things - promise G1860 *apaggelia*

A. Recall what is meant by "godliness"

1. faith in God; love for God; devotion to God; obedience to God; right worship of God
2. faith in God through Jesus Christ, and all the love toward Him and obedience to Him that flows from that faith
3. repentance toward God, and all the expressions of gratitude toward Him that come from knowing He has forgiven all your sins

B. Godliness has promise of profit

1. not possibility or likelihood
2. but promise from God

C. Godliness has promise of the life that now is

1. true happiness inside
 - a) peace - not the peace of the world, but the peace of Jesus Christ
 - (1) the world may hate me, but God loves me
 - (2) the world may be against me, but God is for me
 - (3) the devil may accuse me, but God justifies me
 - b) joy
 - (1) not shallow, but deep
 - (2) not transient, but abiding
 - c) love
 - (1) my love for others
 - (2) others' love for me
 - d) hope
2. God's perfect provision for the happiness of the body
 - a) I need food, drink, clothing, and other things for life in this body
 - b) Jesus has promised
 - (1) seek first His kingdom, and His righteousness
 - (2) all these things will be given to you

D. Godliness has promise of the life which is to come

1. as soon as you die, your soul will be carried by angels to paradise or heaven; there you will be comforted
 - a) you will enjoy communion with the saints already there, like Abraham
 - b) you will be with Jesus
 - c) you will not become an angel; angels are a different order of being
2. when the Lord Jesus comes back
 - a) you will get to come with Jesus
 - b) your body will rise from the grave, wondrously changed
 - c) you will be with the Lord forever

IV. This Is a Faithful Saying, Worthy of All Acceptation

A. This is a faithful, true saying

1. Not something dubious, as are many of the sayings of the world
2. Not something merely probable
3. Not even something merely proverbial

B. This saying is worthy of all acceptance

1. not something to be heard and not really accepted
2. not something to be heard with good intentions, then not instituted

V. Note the Example of Our Lord Jesus Christ, Believing This a Faithful Saying Worthy of All Acceptation

A. The Bible records not a word about Him regarding bodily exercise or training

1. the Bible says that He ate and drank rather than having any strict ascetic diet
2. He was without sin, so of course He never sinfully indulged Himself in too much of anything
3. He walked long distances, but the Bible mentions that only as Him engaging in needed travel, not as exercise per se
4. but nothing at all is said of the Lord Jesus exercising the body

B. But the Bible records much about His exercise unto godliness

1. He trusted in God in everything
2. at 12 years old He was in the temple with the teachers asking and answering questions
3. He memorized the scriptures, then quoted the scriptures
 - a) to resist temptation
 - b) to answer questions
4. often He rose early to pray
5. He went to the temple at the appointed times
6. He worshiped in the synagogue every Sabbath Day
7. He said what God the Father gave Him to say
8. He prayed most fervently to keep His human will in submission to the will of God
9. He did what He knew was the will of God to do, being obedient even to death on the cross

VI. APPLICATION

- A. You don't need to stop bodily exercise; that certainly is not the point of this scripture
- B. You do need to stop
 - 1. being obsessive about bodily exercise
 - 2. being prideful about bodily exercise
 - 3. trusting in bodily exercise
 - 4. admiring those who do not exercise themselves unto godliness just because they exercise the body
 - 5. letting bodily exercise distract you from exercising yourself unto godliness; having bodily exercise ranked higher in your priority list than exercise unto godliness
- C. However devoted you ever have been to anything in this world, be more devoted than that to godliness, to trusting, serving, obeying God through Jesus Christ
- D. However devoted to God the Father you understand Jesus Christ to be, exercise yourself to that kind of godliness
- E. Make repentance toward God and faith in Jesus Christ the chief elements of your exercise unto godliness

Roel - Call to Worship and Opening Prayer - Psalm 119:169-174

Dillon - Scripture Reading - Psalm 119:1-18

Thad - Congregational Prayer

Benediction - Psalm 119:33-34

Allison - Prelude

Allison - Trinity 148 "Comfort, Comfort Ye My People"

Rita - 447 "Blessed Are the Undefined In Heart"

Rita - Trinity 582 "My Hope Is Built On Nothing Less"