

DO YOU GET ENOUGH EXERCISE?

by Robert Hatfield

Webster defines *exercise* as “bodily exertion for the sake of developing and maintaining physical fitness.” Health and nutrition experts continually encourage people today toward activity as a means to stay healthy. While routine health issues are certainly worth considering, the Bible sheds light toward true priorities in life:

“For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come”
(1 Tim. 4:8).

Paul’s point of view extended beyond the realms of physical life, which is evident to his reference to the life “which is to come.” The idea is that bodily exercise will only last for a brief moment (James observed the brevity of life, James 4:14), but godliness is profitable in every respect.

The word *godliness* is parallel to the word *pious*. The Greek word actually comes from two words meaning “well” and “devout, reverent.” So the word simply denotes qualities of reverence and holiness; these are actions of one who is fully devoted to God. Such qualities require diligent attention and care, and are able to develop over time through persistence and maintenance.

Can you imagine how different the world would be if each person began to exercise himself or herself unto godliness?! How would the world change if people began to meditate day and night on the word of God (Psalm 1:2)? What if every soul attended each assembly with God’s people to worship Him and to be encouraged from one another (Heb. 10:25)? What if each person treated other folks the way they should be treated (Mat. 7:12), with tenderheartedness and forgiveness even as Christ forgave sinners (Eph. 4:32)? Would there be a different air about each person if he or she was constantly aware of the fact that “all things work together for good to them that love the Lord” (Rom. 8:28)? A righteous world would begin to take shape with enough godly exercise.

Godly exercise keeps the eternal spirit healthy, and it may help one’s physical life as well. The man who seeks godliness first will worry less (Phi. 4:6-7). This man will pray more for those who are sick and bereaved (James 5:16). When priorities are right, everything else falls into place (Mat. 6:33b).

Are you ready to enjoy “the good life” (1 Pet. 3:10)? Are you ready to share with others the secret of true happiness and peace? Then why not consider increasing your amount of godly exercise? — Prepare to see great results.

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