



JOHNSON AVENUE
Church of Christ
WHERE *God's Family* BUILDS ETERNAL HOMES

A Spiritual Encouragement Message November 27, 2020

Get In Shape!

By Andrew Lemus

If you are like most other Americans, you just took a day to give thanks for the many things you have, remember the rich history of this nation, and eat much more food than what you typically eat. You have to love Thanksgiving. If you are like me, you don't feel bad at all about how much food you consumed, but then you look in the mirror and see the flaws in your form, and you might, during this holiday (and Covid!) season, have the desire to respect this "tent" of a body we have been given and get it into better shape.



I want to use that thought of ours and insert a truth, so that when you do look in the mirror and think about the improvements needed to that body of yours, you recall this trustworthy saying.

"On the other hand, discipline yourselves for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. It is a trustworthy statement deserving full acceptance." Paul the Apostle (1Timothy 4:7b-9)

When it comes to priorities, Paul makes it clear that the first mirror we should be looking into each day is the mirror of God to reflect how to be like Him and how we can be godly. Sure, get that body in shape and honor the vessel God has blessed your soul with, but do so with the understanding that in the grand scheme of things, it really is of little profit when compared to us being spiritually disciplined. This body of ours is going to wear out, get old, lose its form, and eventually die. Our soul, well it will live for eternity!

So what does a spiritual regimen of fitness look like for a healthy Christian? Well, since Timothy was growing lethargic in his walk with God I think it would be wise to look at the spiritual regimen that Paul assigned to him to get him back into spiritual shape.

EVANGELIZE (1Timothy 1:3-20) – Like drinking an energy drink or having that espresso shot, sharing the gospel with the lost provides a much needed shot in the arm to energize the faith of Christians. Want to flip the switch to get back into a solid spiritual fitness regimen? Talk to someone about Jesus!

PRAY (1Timothy 2:1-8) – There is no better personal trainer for your spiritual health than God. We have an all knowing, all powerful, all present God that we live move and exist in. He is there for each of us to hear

our struggles, see our obstacles, and help us to trim that fat of ungodliness that we are carrying around with us. Make sure that prayer is part of your spiritual regimen,

STUDY (1Timothy 3:14-16) – Have you ever ate something thinking it was healthy, but it really was full of fat and sugar? Have you ever been doing an exercise to later find out that the exercise you were doing was perfect what you were trying to accomplish? The word of God is able to show us what our behavior should be in Christ so that we can discipline ourselves and transform our souls to reflect God. If we are really passionate about being spiritually healthy we must take time to look in the spiritual mirror of God's word so that we can see our blemishes and fix them.

EDIFY (1Timothy 4:11) – We don't skip edification day (see what I did there? Like we don't skip "leg day")! From calling our Christian family on the phone to build them up, to attending the assembly to sing to one another, we can't neglect this essential part of our spiritual exercise. We depend so much on one another to stay motivated, to keep walking in the light, and to exhort each other when we are faltering. You might think that nobody notices that you are skipping edification day (I did it again), but we all do!

Ready to start transforming that soul, shedding that ungodliness that grips you like love handles, and begin your spiritual regimen? Grab a sticky note, write down 1Timothy 4:7b-9 on it, and put it on the mirror that you first look into every morning. Sure you might feel a little bummed about that Covid 20 (or 30!) you put on during the pandemic, but don't let it overshadow the spiritual regression you might have encountered during that same time. Let's heed Paul's words, it is a trustworthy saying deserving full acceptance, and discipline our bodies for godliness (1Timothy 4:7b-9).