

PRESSING TOWARD THE GOAL

FOLLOWING THE PATH TO ETERNAL LIFE

EXERCISING TO
GODLINESS





EXERCISE IS BENEFICIAL IF...

- **IT IS DONE REGULARLY**

- *Physical Exercise*
- *Spiritual Exercise*

LEV. 11:44; DEUT. 6:6, 7



EXERCISE IS BENEFICIAL IF...

- IT IS APPROPRIATE

- *Physical Exercise*
- *Spiritual Exercise*

1ST CORINTHIANS 3:1, 2



EXERCISE IS BENEFICIAL IF...

- **IT HAS A PURPOSE**

- *Physical Exercise*
- *Spiritual Exercise*

2ND TIM. 2:15, 24-26; MATT. 5:16



THE BENEFITS OF EXERCISE

- **STRENGTH**

- *Physical Exercise*
- *Spiritual Exercise*

1ST PET. 5:8, 9; EPH. 4:11, 12



THE BENEFITS OF EXERCISE

- **ENDURANCE**

- *Physical Exercise*

- *Spiritual Exercise*

2ND TIM. 3:12; HEB. 10:32, 33, 36;

2ND TIM. 4:7



THE BENEFITS OF EXERCISE

- **IMPROVED HEALTH**

- *Physical Exercise*
- *Spiritual Exercise*

3RD JOHN 1:2; 1ST COR. 10:13;



BE A 'WORKOUT PARTNER'

- ENCOURAGE OTHERS TO EXERCISE

- *Instill In Others The Desire to Grow*

1ST PETER 2:2

- *Instill In Others A Desire For God's Ways*

MATT. 22:37; PSALM 25:4, 5



BE A 'WORKOUT PARTNER'

- INVOLVE OTHERS IN EXERCISING

- *The Benefits of Working*

1ST COR. 15:58; REV. 3:1

- *In The End: We Rest Together!*

HEBREWS 4:9, 10



BE A 'WORKOUT PARTNER'

- THE PROPER MEANS OF EXERCISING

- *Seeking God and His Righteousness*

MATTHEW 6:33

- *Diligence To Be Approved of God*

2ND TIMOTHY 2:15



BE A 'WORKOUT PARTNER'

- THE PROPER MEANS OF EXERCISING

- *Adding To Our Faith*

2ND PETER 1:5-11

- *Denying Ungodliness*

TITUS 2:11, 12



BE A 'WORKOUT PARTNER'

- THE PROPER MEANS OF EXERCISING

- *Avoiding the Ungodly Things*

PSALM 1:1, 2

- *Presenting Self As Godly to the World*

1ST TIMOTHY 2:9, 10

