

# No Pain, No Gain: Spiritual Exercise

## Lesson for Sunday, February 22, 2026

TEXT: 1 Timothy 4:7-8

### INTRODUCTION:

- ⇒ What's one area of physical training (gym, diet, sport) you've stuck with, and what motivated the discipline?
- ⇒ If you have ever had success in an exercise regimen, what were the elements that most contributed to your success?
- ⇒ We have been learning what it means to be a disciple. Now we are beginning to turn our attention to how we can become the people God desires for us to be.
- ⇒ Here is today's big idea: Godliness does not happen by \_\_\_\_\_; it requires intentional spiritual \_\_\_\_\_.

### BIBLE STUDY:

1. The Call to Spiritual Training (1 Timothy 4:7-8)
  - a. Notice the contrast in verse 7. What is the difference between "profane and old wives' fables" and "exercising thyself unto godliness?"
    - i. The \_\_\_\_\_:
      1. "Profane" means worldly, the opposite of what is holy.
      2. "Fables" is the word we use for myths.
      3. "Old wives" was a common epithet denoting something fit only for the uneducated.
    - ii. The \_\_\_\_\_:
      1. Godliness is a proper response and attitude toward God and the things of God.
      2. Exercise is an athletic term indicating the rigorous, self-sacrificing training an athlete undergoes as they prepare for competition.
  - b. Paul observes in verse 8 that while physical exercise has some value for this life, godliness holds promise for this life and the life to come.
2. Understanding Godliness
  - a. Definition: Godliness is a life increasingly \_\_\_\_\_ to Christ's character and priorities.
    - i. Reference Romans 12:1-2; 2 John 2:
    - ii. How do we separate being godly from simply behaving in a godly manner (i.e. church activity, Bible knowledge, etc.)?
  - b. Godliness impacts every area of life.
  - c. To tie it into our previous lesson, godliness is what produces spiritual fruit in the lives of disciples (conduct, character and converts).
3. The Means of Spiritual Exercise
  - a. What are the spiritual disciplines we should build into our lives if we have a desire to become godly?
  - b. Here are six basic disciplines that will lead us to godliness:

- i. \_\_\_\_\_ (Luke 11:1). We must learn to pray and communicate with God.
- ii. \_\_\_\_\_ (2 Timothy 2:15). We must learn God's Word.
- iii. \_\_\_\_\_ (John 14:15). We will never grow past our level of obedience.
- iv. \_\_\_\_\_ (Psalm 119:11). We must learn to store God's Word in our hearts.
- v. \_\_\_\_\_ (Mark 16:15). We must learn to witness effectively.
- vi. \_\_\_\_\_ (2 Timothy 3:16-17). We must learn to daily feed ourselves on the Word of God.

**APPLICATION/DISCUSSION:**

- ⇒ If you look at the first letter of these six spiritual disciplines, you will see that they spell out CLOSER. As we become intentional in these areas, we will move CLOSER to Jesus.
- ⇒ Over the next six weeks, we will unpack each of these areas.
- ⇒ In the space below, conduct a personal spiritual fitness evaluation. Look at each of the six disciplines listed above and honestly evaluate how you measure up in each.