

# Training for Godliness

3.29.2020

Main Idea: The pursuit of God requires intentionality.

*For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.*

-1 Timothy 4.8 (CSB)

Toward the end of my senior year in high school, I weighed in at almost 240 pounds. I was horribly out of shape. Eventually, within six or so months, I lost close to 60+ pounds. I began to run on a daily basis, work out at the gym, and eat healthier. When I would talk about this transformation, I would say that "I am slimmer in self, and fatter in Jesus."

Getting in shape requires discipline, intentionally, and perseverance. You must keep going even when you don't feel like it. In the same way, we are to train ourselves for godliness. We must be determined to embrace the pursuit of God above all else.

The reality is that physical fitness has great benefit, but being in great spiritual shape is even more important. Your muscles won't be able to sustain you when you are hit with a season of depression—only the grace and mercy of God can. When you are laying in bed and are horribly sick, your ability to run a 5K will not comfort you—only the presence of God will.

How are you currently training for godliness? You can train by making it a daily habit to read your Bible and pray. If you're already following Jesus, a good place to start is Mark's Gospel. If you are not yet following Jesus, I recommend starting in John's Gospel.

## **For Reflection...**

-What are some ways we can train for godliness? (In addition to reading your Bible and praying, there are other ways to grow in godliness.)

-What are some benefits to pursuing godliness? How can godliness sustain you when life gets difficult?

*We aren't merely to wait for holiness; we're to pursue it. —Donald S. Whitney*

*(The Spiritual Disciplines for the Christian Life, pg. 2)*

Developed by Kreig Todd

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