

God's Gym

Summer at The Bayou - Part 5

July 21, 2024

"⁷... train yourself for godliness; ⁸for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." 1 Timothy 4:7-8 (ESV)

Self-Examination

"... we deceive ourselves and the truth is not in us." 1 John 1:8 (ESV)

#False Assurance is Satan trap

You Don't Know your heart!

"The heart is deceitful above all things, and desperately wicked: who can know it?" Jeremiah 17:9 (KJV)

"You say, 'I am rich; I have acquired wealth and do not need a thing.' But you do not realize that you are wretched, pitiful, poor, blind and naked." Revelation 3:17 (NIV)

²³Search me, O God, and know my heart; Try me and know my anxious thoughts; ²⁴And see if there be any hurtful way in me, And lead me in the everlasting way." Psalm 139:23-24 (NASB)

Lack of self-examination can lead to ongoing self-deception; however, an over-attention to oneself is also unhealthy.

We can become so inwardly focused that we take our eyes off Jesus and make self-improvement our god.

A.W. Tozer - "The man who has struggled to purify himself and has had nothing but repeated failures will experience real relief when he stops tinkering with his soul and looks away to the perfect One."

Exercises for Spiritual Discipline

1. Discipline of Purity

1 Thessalonians 4:3-8; Job 31:1; Proverbs 6:27; Ephesians 5:3-7; 2 Timothy 2:22

"How then can I do this great wickedness and sin against God?" Genesis 39:9 (ESV)

2. Discipline of Relationships

"Husbands, love your wives, as Christ loved the church and gave himself up for her." Ephesians 5:25 (ESV)

"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord" Ephesians 6:4 (ESV)

Hebrews 10:25

3. Discipline of Mind

1 Corinthians 2:16

“... whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”
Philippians 4:8 (ESV)

You can never have a Christian mind without reading the Scriptures regularly because you cannot be influenced by that which you do not know.

4. Discipline of Devotion

“I desire to do your will, O my God.” Psalm 40:8 (NIV)

Ephesians 6:18-20

5. Discipline of Tongue

“If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless.” James 1:26 (ESV)

6. Discipline of Perseverance

Four commands in Hebrews 12

- **Divest!**

“... lay aside every weight, and sin which clings so closely ... ” Hebrews 12:1

- **Run!**

“... run with endurance the race that is set before us.” Hebrews 12:1

- **Focus!**

“... looking to Jesus, the founder and perfecter of our faith ... ” Hebrews 12:2

- **Consider!**

“Consider Him who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted.” Hebrews 12:3 (ESV)

7. Discipline of Church

8. Discipline of Giving

“... God loves a cheerful giver.” 2 Corinthians 9:7 (ESV)

“It is more blessed to give than to receive.” Acts 20:35 (ESV)

“... not I, but the grace of God that is with me.” 1 Corinthians 15:10 (ESV)