

DO YOU WORK OUT?

Matthew 12:34

You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks.

At one point in his ministry, Jesus confronted some very religious people. He pointed out that what we do with our words and speech reveals our heart. On the other hand, wisdom is training the heart so that righteous attitudes, righteous actions, and right words flow from our lives.

James 1:26

26 If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.

Muscle memory is *consolidating a specific motor task into memory through repetition*. Spiritually it would involve consolidating a righteous act, based on the truth of God, into memory through practice and repetition. Paul has much to say to the young men he is discipling concerning this.

1 Timothy 4:7-9

7 Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 8 for 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. 9 The saying is trustworthy and deserving of full acceptance.

2 Timothy 3:15-17

15 and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. 16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.

Titus 2:11-14

11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, 13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Hebrews 5

13 for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. 14 But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

The questions we must ask ourselves are: Are you working out? Are you lifting God's truth, righteousness, and wisdom over and over again? Have you committed it to 'muscle memory' by practicing it?

1 Timothy 4:8

for 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.

Throughout history, mankind has repeatedly suggested that physical health is the most important aspect of living a fulfilling life. As children of God, we know that there is something much greater. Growing in spiritual maturity and synchronizing our lives with God and His word are where it's at.

Hope you have a great week working out!

Eyes up!

Ryan