

Roots

November 2, 2014
Iron Meditations

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.*

As some of you may or may not know, I like going to the gym and lifting heavy things (or at least wishing I could lift heavy things). As I sat there on a weight bench Thursday morning trying to tear my muscles up, I began thinking of the discipline I was exercising. I had risen at 5:00 am, made it to the gym by 5:45 am and was training my body. I grinned at myself in the mirror as I completed one of my sets thinking, “Man, I’m doing really well today.” In fact, I had been doing really well all week working out. I had been there every morning.

Then I began thinking about the rest of my life. If I could be as disciplined in picking up my clothes every night instead of leaving them by the hamper, Amber would have less work to do and our house would be cleaner. If I could be more disciplined in eating cleaner, I might not have to work quite as hard in the gym to get rid of my “spare tire.” Then it hit me like a ton of bricks. What if I were as diligently disciplined at reading scriptures as I was at making it to the gym?

Take a minute to think about the things that you do really well. What are they? Why are you good at them? It probably boils down to discipline and training. They are the things

that you do day in and day out. They are the things that need to be done. Hopefully, one of those

things is reading your scriptures diligently and daily. But, even if it is we can all do better at practicing what we read there.

Listen to Paul telling the young Timothy that bodily training is of some value, but godliness is of even more value. Godliness is practicing the righteousness we learn about in the scriptures and receive from the Holy Spirit because of Christ’s sacrifice on the cross. Godliness is following in Christ’s footsteps and molding our lives to look more like his, even as he molds us to be the holy people he wants us to be. That takes practice. And like proper weight training or proper training for a sport, it takes research.

Today, I pray that we all will discipline ourselves to study God’s Word and practice it more. Today, I pray that the Holy Spirit will help us to take leading godly lives as seriously as we take those other things that we are good at. And, I hope that we will all become disciplined in godly living.

Dear Jesus, help us to live godly lives as you would have us live. Teach us to be as disciplined in living the way you would have us live as we are in those other areas of our lives that we are good at and enjoy. Amen.

Pastor [Signature]

