
GOD'S HEALTHCARE PLAN

1 TIMOTHY 4:6-8



DEVELOPING GRACES AND GIFTS
WILL DO US MORE GOOD THAN
DEVELOPING ABS AND BICEPS

How many of us have left the doctor's with a bad report and resolved to start eating better and exercising more? But it's a bit late to start on a health and fitness program when we're already sick. It's far better to start such habits when we are well. Better to be proactive that reactive.

Same goes in the spiritual life. Paul has just warned about the dangers of the last times in 1 Timothy 4:1-5. Then, in verses 6-8, he's basically saying, "But don't wait until these things happen. Don't be reactive, but proactive and preventative." That way we'll be better prepared and we'll hold the faith when others are letting it go." So, what's Paul's spiritual healthcare plan?

- **GODLINESS REQUIRES HEALTHY FOOD**
 - **GODLINESS REQUIRES HEALTHY EXERCISE**
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LEARNING

GODLINESS REQUIRES HEALTHY FOOD

Paul calls us to eat good food and avoid junk food. What does good spiritual food look like? **If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed (6).** Godliness training means feeding on the nourishing truth of God's Word.

In contrast, he warns us away from certain foods. **Have nothing to do with irreverent, silly myths (7).** Put spiritual superstitions, supplements, and speculations in the trash.

JUNK FOOD, JUNK SOUL.
HEALTHY FOOD, HEALTHY SOUL.

Is that all we have to do, just eat good food and avoid junk food? No, we also have to exercise.

GODLINESS REQUIRES HEALTHY EXERCISE

Rather train yourself for godliness (7). Train is the word used for gymnastics exercise. Gymnasts work constantly on building their strength and stamina no matter how much they have to suffer. All for a gold medal. But, for us, the aim is even higher; it's not gold but godliness.

What motivation does Paul give us? Here's what he says: **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 (8).** Physical training has value. But spiritual training has far higher value. Why?

First, it not only has value for the present life, but also for the life to come. Second, it benefits not just the body, but the soul. If we want bodily and spiritual health for all eternity, then do spiritual exercise. Getting rid of sin is more important than getting rid of cellulite.

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LOVING

“Thank you for providing food and exercise that helps me to be spiritual healthy even when the plague of apostasy rages. I praise you for Jesus who was a model spiritual gymnast. When I fail in my spiritual healthcare, I bring Jesus to you. Look on his perfection to cover my imperfection.”

LIVING

Let’s train every part of our body and soul, and especially our hearts and minds, so that we will hold the faith in a faithless day.

