

# The Lakeview Lamp

"Your word is a lamp to my feet and a light to my path." – Psalm 119:105

Jan 31

2010

## Exercising for Strength

Mike Davis

Strength is the result of exercising. Muscles of the body require exercise by which mobility, agility, and abilities develop as one grows. From the simplicity of a baby turning from his tummy to his back or vice versa, to the gigantic strength of the fittest of human specimen, no one gains strength without exercise. When talking of physical strength, many see the reverse of this process. Many of us accept the decline of physical strength; abated simply by the existence of time. We are not able to do as in our youth. We accept the reality of **Ecclesiastes 12**. We may even support the lack of exercising to preserve this physical body by quoting scripture. "*For bodily exercise profiteth little,*" says Paul (**1 Timothy 4:6**). Please note the obvious: "little is more than none," and therefore we see a need of caring for this body as best we can. After all, it is the "*temple of God*" (**1 Cor. 6:19**). Nonetheless, our chief interest is in the latter part of this passage: "*but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.*" Spiritual strength is essential to eternal life!

Paul's inspired statement at **1 Timothy 4:7** should be the motivator behind our gaining of spiritual strength. "*But refuse profane and old wives' fables, and exercise thyself rather unto godliness*" (emp. MJD). Note the Hebrew writer's words dealing with the necessity of exercising the mind (i.e. soul), resulting in spiritual strength. "*But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil*" (**Hebrews 5:14**, emp. MJD). Here the word "exercised" means "trained in proper discipline." Continuing within **1 Timothy 4**, notice the correlation in this "exercise:" "*Till I come, give attendance to reading, to exhortation, to doctrine. Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery. Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee*" (**4:11-16**, emp. MJD). The "exercising" of one's mind in these matters strengthens the mind, and brings it to

“fitness” for the work set before him as a Christian! Another passage of equal importance is **2 Timothy 2:15** wherein we read, “*Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*” Adding **Romans 10:17**, the serious student realizes but one way to strengthen (i.e. exercise) himself spiritually in the sight of God Almighty!

In three passages of scripture within the New Testament, we learn the necessity of being strong. “*Watch ye, stand fast in the faith, quit you like men, be strong*” (**1 Corinthians 16:13**). “*Finally, my brethren, be strong in the Lord, and in the power of his might*” (**Ephesians 6:10**). “*Thou therefore, my son, be strong in the grace that is in Christ Jesus*” (**2 Timothy 2:1**). Which of these strengths comes without diligent exercise of the spiritual mind? Further, note the degree of strength in each of these elements (readiness, in the Lord, in the grace that is in Christ Jesus) is determined by God and not by man – NOT EVEN OURSELVES! The approval is from God (**2 Timothy 2:15**). Therefore, to caution us against overmuch delight in our perceived strength, Paul warns, “*Wherefore let him that thinketh he standeth take heed lest he fall*” (**1 Corinthians 10:12**).

When one realizes true spiritual strength, that same soul realizes Whose strength is seen. Notice Paul again: “*And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: **for My strength is made perfect in weakness.** Most gladly therefore will I rather glory in my infirmities, **that the power of Christ may rest upon me.** Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: **for when I am weak, then am I strong***” (**2 Corinthians 12:7-10**, emp. MJD).

Did you notice? Our responsibility is to “*grow in the grace and knowledge of our Lord Jesus Christ*” (**2 Peter 3:18**). With this consistent exercising of minds, we become strong in that which is *needful* – not for “public display” of such strength in the sense of “arrogance,” but rather in proving the dignity and honor of simply serving Christ as Christ sees fit to be served. In so doing, He is exalted; and by this exercise, we exhibit *true strength!*

# News and Notes

There will be a singing next Sunday night after worship at the Nicholson's.

## Members:

- \* Margie Frizzell is still waiting for positive results with her back brace.
- \* Thelbert Frizzell has a new prescription that is not helping.
- \* Christopher Neighbours cut his wrist playing with a knife and had to get staples in it.
- \* Cotton Read went to the doctor last week and is doing much better. He will soon be getting a defibrillator and heart monitor.
- \* Ame White is having blood drawn tomorrow.

## Friends and Family:

- \* Virginia (Leon) Boyd, **Walter's sister**-in-law, had knee surgery Wednesday in Paducah, KY. She had complications but is doing better now.
- \* Warren Coss, **Zachary Neighbour's 8**-year-old brother in Florida, went into a diabetic coma. He is now better and responding. They are trying to wean him off the ventilator. Brian and Zachary are there with him and family.
- \* Ruth Derryberry, sister-in-law of Gayle Garrison who once worshipped here, died after a lengthy illness with pancreatic cancer. She is survived by her husband Newton.
- \* Mike Read, **Cotton and Nancy's son**, has cancer in his hip and is back on chemo.
- \* Bennie White, **Ame White's brother**, is doing better after his stroke that affected his left side.

Absent: Robert Jenkins (Alaska, or somewhere in between), Brian and Zachary Neighbours (FL).

New Reports: Ron Chaffin (South Africa), Bob Nichols (Japan).



*“I am a companion of all those who fear  
You, and of those who keep Your precepts.”*

**Psalm 119:63**