

Bodily Exercise Profiteth Little

I. Introduction:

A. I have to say some things before I preach this for a certain reason. As an evangelist, I understand that I am to be an example for others (**Philippians 4:9**, **I Timothy 4:12**, and **Titus 2:7-8**).

1. What you need to know is, there are things as an evangelist I may do that are liberties that are up to me, and not intended to be an example for others (i.e. **I Corinthians 7:6-8**).

2. My experience, which may or may not be yours or others... I lost over 130 lbs. in 2008-2009. Since then, people often comment on my eating, not eating, workouts, etc. However, they don't know the whole story. I was born with a heart problem. I live in back pain constantly because of two discs I ruptured 23 years ago. They don't know I have slow metabolism which got slower the more I did cardiovascular workouts. Among other reasons, I thought weight loss, healthy eating, and fitness would help. They don't know why I lost the weight and took up weight training. They don't know the negative effects that had on my body. They don't know why I eat now the way I do. Since I weighed so much my organs were oversized and I ended up having two hernia's in my groin since my lower intestines were too large for my shrunken body. The surgery I had to fix that left me with twisted lower intestines. Imagine what that feels like as food moves through my body. I have an enlarged heart now on top of the heart problems I was born with. I have more health issues now than I did when I weighed over 300 lbs. I have to eat certain ways, at certain times of day, because of how food can really mess me up now. Staying in shape has caused me many injuries (torn Achilles, a fractured hip, bursitis in the hip from over training, frequent involuntary muscle spasms, etc.). All of this while under care of a doctor. I could go on, and on. Don't look at me or others and wish something upon yourself. You cannot see with your eyes what is really going on (**John 7:24**). My quest for healthiness wasn't; isn't all bad. However, it hasn't been all good either. Remember, the grass isn't always greener on the other side (**Genesis 13:1-13** and **Genesis 18:17-19:29**).

B. Your physical body is going to perish (**II Corinthians 4:16** and **Hebrews 9:27**).

1. Dust thou art (**Genesis 3:19** and **Ecclesiastes 3:20-21**).

2. No matter how physically healthy you are, you can't stop time and chance (**Ecclesiastes 9:10-12**).

C. Realize that you are a soul with a body, not the other way around (**Genesis 2:7** and **James 2:26**).

1. Don't allow our culture to get you to start focusing on your physical image (**Romans 12:1-2**).

2. When you focus so heavily on the physical, you'll introduce a conflict in your life that leads to failure (**Galatians 5:17**).

II. Body: **I Timothy 4:1-11**

- A. Food, for the most part, is an authorized liberty (**Romans 14:13-20**).
1. Unless food becomes a spiritual stumbling-block, eating or not eating certain things does not matter one bit to God (**I Corinthians 8:8**).
 2. Food can be a problem if people cannot stop eating (**Proverbs 25:16** and **Proverbs 25:27**).
 3. Jesus allowed Himself to enjoy feasts (**Luke 5:27-29**) so much that He was falsely charged as a glutton (**Matthew 11:19**).
- B. Understand these words:
1. “Bodily” means: “Corporeal or physical: — bodily. Corporeal, bodily; having a bodily form or nature; pertaining to the body” (Strong’s # 4984).
 2. “Exercise” means: “training, i.e. (figuratively) asceticism: — exercise. The exercise of the body in a palaestra or school of athletics; any exercise whatever; the exercise of conscientiousness relative to the body such as is characteristic of ascetics and consists in abstinence from matrimony and certain kinds of food” (Strong’s # 1129).
- C. But godliness is profitable unto all things (**I Timothy 6:3-12**).
1. Focused on the end (**II Peter 3:9-14**).
 2. Not caught up, entangled in the physical (**Luke 12:13-40**).
- D. Keeping this balanced (**Matthew 23:23-24**).
1. We cannot excuse an inability to have self-control (**Galatians 5:22-23**).
 2. We cannot become lazy people (**Proverbs 6:6-11**, **Proverbs 24:30-34**, and **Hebrews 6:12**).
 3. There is a degree in which we must think of and take reasonable care of our physical bodies (**I Corinthians 6:12-20**).
 - a. We have to be cautious with this though, the context is about how your body wasn’t made for fornication (**I Corinthians 6:12-7:40**).
 - b. Some say that anything that would harm your body is sinful. However, there are many things that inflict injury on the body, aside from certain foods, that are authorized (**Proverbs 12:25** [**Mark 14:33-34** and **Romans 9:1-3**], **Galatians 5:6**, **I Timothy 5:14**, etc.).
- E. Don’t use others as your scale, mirror, or measuring stick (**II Corinthians 10:12** and **I Thessalonians 4:11**).
1. Remember, don’t judge based on appearances (**John 7:24**).
 2. Don’t rob yourself of enjoying the liberties the Lord has allowed for you, as long as you are not abusing them, because of the messages we get today about health and well-being (**Ecclesiastes 2:24**, **I Corinthians 7:31**, and **I Timothy 6:17-19**).

III. Conclusion: Live with the right focus (**I Corinthians 15:45-58** and **II Corinthians 4:16-5:1**).