

Practice Makes Perfect

1Timothy 4:7 But refuse profane and old wives' fables, and **exercise** thyself rather unto godliness.

I. Practicing The Carnal It is called addiction.

2Peter 2:14 Having eyes full of adultery, and that cannot cease from sin; beguiling unstable souls: an heart they have **exercised** with covetous [greedy desire to have more] practices; cursed children.

A. Definitions.

Gymnazō: 1. To exercise naked (in a palaestra or school of athletics) A school in ancient Greece or Rome for sports) GYMNASIUM



2. To exercise vigorously, in any way, either the body or the mind.

3. Cannot cease from sin: (known to the world as addictions.)

4. Godliness: “The quality or practice of conforming to the laws and wishes of God; devoutness (zeal) and moral uprightness: Reflecting the nature of the kingdom of God in the course of everyday life.

Webster

Eusebeia: piety towards God, reverence, respect.

B. Details.

The world practices (habitually) sexual immorality, drunkenness, influence of drugs stealing, lying, covetousness, perversion, gluttony, hatred, revenge, disgusting language, unfaithfulness, money, entertainment, etc.

II. Practicing The Spiritual It is called temperance.

1 Timothy 4:7 But refuse profane and old wives' fables, and **exercise** thyself rather unto godliness.

A. The Practical.

Knowledge without exercise is like 1 Corinthians 13:1-3. Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. 2 And though I have the gift of prophecy, and understand **all** mysteries, and **all** knowledge; and though I have **all** faith, so that I could remove mountains, and have not charity, I am nothing. 3 And though I bestow **all** my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

Knowledge puffs up – love builds up (edifies).

Corinthians 8:1 Knowledge puffeth up, but charity edifieth.

Knowledge puffs up – exercise builds up.

B. The Profit.

2 Timothy 4:8 For bodily **exercise** profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

1Peter 3:10 For he that will love life, and see good days, let him **refrain** his tongue from evil, and his lips that they speak no guile:

Luke 6:38 **Give**, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

Ephesians 6:3 Children, **obey** and **honor**: That it may be well with thee, and thou mayest live long on the earth.

2Corinthians 9:6 But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.

3 John 2 Beloved [Gaius], I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

C. The Practice.

2 Corinthians 1:24

1. Encouraging others at all times but especially when they are discouraged. (You must be aware.) Barnabus son of Consolation
2. Complimenting others for tasks well done.
(Taking interest in their activities)
3. Complimenting others in the presence of others.
(Will cause others to see them in a positive manner)
[This often not done because we do not want them to think more of them than of us.]
4. Commitment to not talk about yourself.
Exercised humility. **Romans 12:3**

5. At set time for daily prayer and Bible reading.
(Anything else will often be missed.) Bed time habit.
6. Church attendance. Schedule nothing that would interfere with the habit. (Sorry, I have an obligation)
[You have a work schedule, why not a church schedule?]
7. Giving. Not the occasional offering but that which becomes as natural as paying your electric bill.
[Never let God be the obligation than does not get paid.] **2 Corinthians 8:24**
8. Forgiving others for offenses committed as Christ forgave you. **Colossians 3:13**
9. The refusal to be offended by anything.
Psalms 119:165

10. Make yourself content and satisfied with what you have to avoid covetousness. Exercise not shopping.

Hebrews 13:5

[Put yourself on a financial budget never to be broken much like a food diet.]

[Advertising has three primary objectives: to inform, to persuade, and to remind.]

[Practically, advertising is to make you discontent with what you have or do not have,]

11. Never go past hearing God's or Jesus' name blasphemed in entertainment. Set the rule, pay the cost.

12. Allow no evil thoughts to stay in your mind, let them pass on by forcing better thoughts. **Phil 4:8.**

13. Never, never go against your word even to your hurt and sorrow. Practice! **Psalms 15:4, Matt 5:37**
14. Exercise unity in the church. **Proverbs 6:19**
15. Practice not deciding after hearing only one side of a story. **Proverbs 18:17**
16. Immediately ask the Lord for forgiveness when a curse proceeds unexpectedly out of your mouth.
17. At the beginning of every day turn your attention on exercising yourself to godliness.

III. The Practicing The Chastisement

Hebrews 12:11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are **exercised** thereby.