

“Spiritual Workout Routines”

INTRODUCTION

1. The life of the Christian is to be one of *life (not dead spiritually)*, fruit-bearing, growth, continuous learning, and one that consists of proper stewardship of the allocation of our time with activities that we choose.
2. Concerning our *physical* wellness, experts say that we need *proper amounts of* rest, exercise, good nutrition and healthy mental fitness; spiritually, in order to be strong and vibrant as active children of God (i.e. workers in the vineyard, soldiers in God’s army, stewards of the resources we are given, etc.) we need the proper *spiritual* nutrition, exercise, and mental fitness.
3. In today’s lesson, we would like to look at some things that could be termed “spiritual workout routines” or things we might consider doing spiritually in order to grow properly as God’s children and to also show ourselves to God as being proper stewards of our talents, time, money, attention to our personal, spiritual growth, strength, and maturity levels.
4. May God richly bless us in this study.

I. OUR SPIRITUAL JOURNEY AFTER BECOMING A CHILD OF GOD

A. Once we are saved, we are destined to heaven so long as we simply attend the services of the local church regularly. (*false belief*)

1. While being faithful in attendance at a local congregation is certainly something that is required by God for each Christian ([Hebrews 10:23-25](#)), it is certainly not the only requirement from God in our spiritual walk.
2. God demands growth/development from being babes in Christ to becoming those who grow into spiritual maturity to the extent that we can properly eat and digest the “meat” of God’s Word and actually become *skilled* in the Word ([Hebrews 5:10-14](#); [Mt. 25 parable of the talents](#); [2 Peter 3:18](#)).

B. BUDGETING OUR TIME is similar to BUDGETING our FINANCES

Numerous methods (PDCA or OPDCA approach = Observe-Plan-Do-Check-Adjust) - ([Eph. 5:16](#))

1. Do we *plan to succeed*?
2. Isn’t it true that *if we fail to plan, we are planning to fail*?
3. Incorporating *spiritual goals in our life* is a very good way to plan to achieve certain milestones and growth points in our development as Christians!

II. PASSAGES THAT RELATE TO THIS STUDY

A. The MANDATE to grow spiritually

1. [2 Peter 3:18](#); [I Peter 2:2](#); [Eph. 4:14](#)...

B. THE BENEFITS of growing spiritually

1. neither be barren nor unfruitful (2 Peter 1:8) ...always abounding in (I Cor. 15:58)...alive...able to fight the good fight of faith...able to help others...bear one another's burdens (Gal. 6:1ff)...assist the weak (I Thess. 5:14; Acts 20:35)...resist the devil (James 4:7)...become teachers of good things (...know how to live soberly, righteously and godly in this present world (Titus 2:10-12)...

C. OUR CONSCIENCE & CONVICTIONS need to match God's Truth as taught in the new covenant!

1. God's Will can be in our minds only if we put forth effort in that desired direction (I Peter 2:2)

III. SPIRITUAL WORKOUT ROUTINES

A. Reading the Word of God – Give attention to reading (I Tim. 4:3; 2 Tim. 2:2)

1. Reading the New Testament in a Month
2. Reading the New Testament in 2 Months
3. Reading through the Bible in a Year (Recommend using a “buddy system” for encouragement)
4. *Verse of the Day* Spiritual Calendars
5. WordPoints by Gary Henry - (wordpoints.com)

B. Individual Study of the Word of God – (2 Tim. 2:15)

1. In addition to Bible study material for the classes of the local church, have a *book of the Bible* you study deeper than a casual reading
2. Studying various topics in the Bible of which we need to learn more about
3. Researching and studying “words” of the Bible that we are not familiar with, especially those that pertain to the new covenant and pleasing God as individuals and local churches

C. Bible Studies with Christians (living or dead)

1. By phone
2. By ZOOM, GO TO MEETING, FACETIME, etc. with two or more participants
3. By acquiring material, in writing (whether hardcopy or electronic), or in audio or video formats and studying what others have put forth as being the truth of God's Word and searching the Scriptures to see whether the things being taught are so...
4. Websites by brethren (individuals and/or local churches) that have numerous resources on a wide variety of interesting and important Bible topics for Christians (and non-Christians) to consider.

5. Religious debates (written or oral) on vital topics of difference to examine the pros and cons of topics over which good brethren disagree in order to begin to reach a studied conclusion from our personal development on topics of this nature...

6. We should study to seek *God’s Will, not the will of ourselves* (i.e. seeking justification for “our desire” to be the position/conviction from a verse, question or spiritual issue of life)

D. Identification of Old and New Doctrines or Issues as they arise

1. Research on changes with regards to a “doctrinal update/change” by a well-known denomination or other religious body

2. We should never misrepresent the positions of others in our religious talks with brethren or non-Christians

3. Internet articles, religious journals, newspapers, etc. that document essential truths and/or departures from truth that we might be in contact with in our studies with others in an effort to convert them to Christ *in the manner that the Bible teaches we are all to convert to Christ...*

IV. SPIRITUAL TOOLS/EXERCISE EQUIPMENT FOR A GOOD GYM

A. Exhaustive Concordance of the Bible

1. These are books that contain EVERY instance of an English word (for English readers) found in a particular translation of the New Testament (Ex. Strong’s Exhaustive Concordance tells us each English word found in the KJV)

2. Also, using Strong’s numbering system, we can learn more about the Hebrew and Greek words used in various passages of Scripture (and when a Greek word form is translated to various synonyms and in what passages)

B. A Reliable Bible Dictionary/Lexicon

1. This would be a dictionary that defines the English words as they are used in the Bible in light of the Hebrew, Aramaic or Greek words that are in the manuscripts used for our English Bible translations (Ex. Vine’s Expository Dictionary of Old and New Testament Words is a very reliable resource and uses the Strong’s numbering system in its more recent published editions.

2. A lexicon is a dictionary that gives word meanings for particular instances/uses/verses, but translates from, for example, Greek-to-English for New Testament words. Henry Thayer’s Greek/English Lexicon, for example, is one such lexicon that (also using the Strong’s Numbering System) takes an alphabetical approach (beginning with words beginning with “alpha” through the words in the New Testament ending with “omega”) and gives uses in particular verses, parts of speech, and definitions concerning those contexts.

C. A Wide Variety of Religious Resources by Those with Whom we Agree & Disagree

1. Reading or listening to religious debates (and carefully paying attention to the use of arguments, position points and reasoning being used with Scripture) are some of the best ways to fully explore

subjects over which good brethren disagree, as well as theologians (some of which may be living today, but most might even have passed from this life). Usually, those who participate in such discussions have spent literally over a thousand hours in deep study, per topic being discussed, in order to be able to deal with the points of difference and what the Bible actually says about the topic(s) under discussion.

2. Religious journals and bulletins that have been preserved (and in many cases made available by the internet) are of significant assistance in becoming aware and familiar with many “issues of life” that Christians need to study and be prepared to form convictions on in order to do our best to live according to God’s Word.

3. Question & Answer books and booklets that normally begin with Old Testament questions/issues and proceed to move into the New Testament to put forth both possibilities for matters of difficulty and then begin to put forth a defense of the position held by the author(s).

4. Gospel Meeting/Religious Lectureship audio/video/charts/handouts (print, disc or on-line); much of what is being taught in these gatherings are lessons that are either: some of the ‘best of the best’ of the speakers/panels the men/women are asked to speak upon *and/or* are dealing with the things that appear to be current issues among Christians and non-Christians that are vital to our salvation and faithfulness.

D. On-line access to Bible Study tools makes it very easy (but can be dangerous) to access tools that we can use to grow spiritually

A. www.biblehub.com

B. WARNING: Commentaries can be quite dangerous. They can also be quite helpful. (Much like a power tool for a job that needs to be done. In the hands of a child, a skillsaw can be deadly. In the hands of a young or older adult who has been trained to study and not be swayed to and fro with every wind of doctrine, such can bring to light things “we never thought of before”). Studying with those who have devoted numerous years of their lives to writing books including commentaries can be helpful, but should NOT be a substitute for the development of one’s personal understanding (conscience and conviction development).

C. Websites and blogs by brethren and churches - very helpful resources for learning and encouragement

CONCLUSION

1. What were your spiritual goals for 2020? Did you meet them? How would you evaluate your progress?
2. What is your current state concerning your spirituality? (toddler, weakling, procrastinator, active soldier/runner on a journey towards heaven with plans, goals, milestones of growth along the way?)
3. “Experts” say it takes ~21 days to formulate a “new habit”. It is up to us to choose how we spend our time here on God’s circle of life. Let’s be encouraged to walk in His way, the truth and the life ([Jn. 14:6](#))!
4. Spiritual Growth IS NOT miraculous, accidental, or automatic!
5. Spiritual Growth IS the result of taking personal responsibility and refusing to be hindered ([Eph. 6:10](#))

Thanks for reading, listening to, and studying this material in view of God’s Word and eternity!

Mark J Ward