

# Keep On Pursuing the Lord

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June 20, 2020

## We Need Spiritual Training!

**1 Timothy 4:7**, *Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*

**1 Corinthians 9:24**, *Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

## 8 Exercises for Spiritual Training:

- **Exercise #1:** Bible Reading

**2 Timothy 3:16**, *All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the servant of God may be thoroughly equipped for every good work.*

- **Exercise #2:** Prayer & Silence

**Matthew 14:23**, *After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone...*

- **Exercise #3:** Worshiping

**Romans 12:1**, *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not*

*conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

- **Exercise #4:** Sharing Your Faith

**Acts 1:8,** *But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*

- **Exercise #5:** Serving One Another

**John 13:12,** *When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. 13 "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. 14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you. 16 Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. 17 Now that you know these things, you will be blessed if you do them.*

- **Exercise #6:** Good Stewardship

**2 Corinthians 9:6,** *Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. 7 Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 8 And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.*

- **Exercise #7:** Fasting

**Matthew 6:16,** *When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

- **Exercise #8:** Learning

**2 Peter 1:2**, *Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. 3 His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.*

### **3 Keys to Spiritual Training Success:**

**Philippians 3:12**, *Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

1. You are NEVER too far Gone
2. Start Somewhere!
3. Make Your Goal Consistency