

Daily Devotion For July 24, 2021

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." I Timothy 4:7-8

As the Olympic games have just begun, one of the comments that I have heard from several athletes is: "I have been training my whole life for the Olympics."

In I Timothy 4:7-8, when the apostle Paul encouraged Timothy to "Exercise" himself towards godliness he used the root of the English word "Gymnasium." This word was familiar to Timothy because every important city in the Roman world had at least one gymnasium. These were centers of physical training as well as centers for discussions, learning, and the arts. Paul used this reference to help Timothy think about how our bodies develop through diet and exercise. To grow properly, our minds, muscles, and bones need to be used properly and often.

The same principles are true in our spiritual lives. We constantly need to grow and develop spiritually. As Christians, we are born again when we accept Jesus as Savior. So as new believers, we are like babies and need to grow and keep growing.

As Christians, we must remember that it is essential that we mature and become disciplined about our faith. In the same way that athletes exercise to get in shape, we must exercise ourselves spiritually. This means studying the Bible, applying Biblical principles, praying, and sharing the Gospel.

Thought For Today: No matter how long you have been a Christian, make it a priority to grow in your faith. Don't be content with where you are spiritually but seek to become more like Christ and exercise yourself toward godliness.

Today' Prayer Focus: Pray that the Olympic games will be a reminder to exercise spiritually and that you will grow in godliness. Continue to pray this week's prayer fuel. Deo Volente.