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5 MINUTE LESSONS ON THE KINGDOM OF GOD

Bodily Exercise and Godly Living

I had someone in the medical field tell me that 25-30 minutes of vigorous exercise would be equivalent to a medical prescription for high blood pressure. And while the Bible does say that bodily exercise does profit, it says that it only profits a little.

Let's read what it says,

"For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come."

(1 Timothy 4:8 New King James Version)

Think about this: Bodily exercise will profit you only for a while (temporarily in this life). But godliness will not only profit you in this life, but also in the life hereafter. What a statement!

So what is godliness? Godliness or godly in the Old Testament is a word that is often rendered "saints." It indicated people who were recipients of God's grace and who showed in their lives the impact of that grace (1 Samuel 2:9; 2 Chronicles 6:41; Psalm 4:3; Proverbs 2:8).

In the New Testament, "godliness" could be defined as godlikeness, God-fearing, holy, right conduct in regard to God, a lover of God, to be devoted to God — doing that which is well-pleasing to Him.

Godliness or a godly person is one who has restructured their life around Jesus and is living their life as a disciple of Jesus, worshiping the Lord and doing good works (1 Timothy 2:10; Ephesians 2:10).

The medical profession is trained to treat symptoms of the body, but who is trained to relieve the symptoms of man's soul? Only Jesus is that great physician! Until man's soul, that is filled with sin, calls on the name of the Lord (Romans 10:13), there can be no lasting healing of the body. Man is comprised of a spirit, soul and body (1 Thessalonians 5:23). Until there is wholeness in all our being, there can be no lasting healing of the body. Sin has dealt a blow to our wholeness, but we have a Savior.

Godliness has promise in this life and in the life to come (1 Timothy 4:8). For in godliness you are putting on the armor of God (Ephesians 6:10-18). Don't get me wrong, the affects of sin is still working in this fallen world, and will be until the coming of the Lord.

But we can draw a miracle from the age to come and bring it into this fallen age. These are signs that Jesus said would follow his believers (Mark 16:15-20).

Questions

- 1** Sometimes sickness is related to personal sin.
True or False

- 2** There is a sin that leads to death.
True or False

- 3** Sometimes sickness is a result of being oppressed by the devil.
True or False

- 4** Jesus made a provision to heal us.
True or False

- 5** Taking pills is not a substitute for seeking God and following Christ.
True or False

We want to hear from you!

We would love to hear your feedback on these lessons and how you use them in your own study or in discipling others. If you have any thoughts, stories, testimonies, comments, or questions we would love to hear them!

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Answer Key

- 1** Sometimes sickness is related to personal sin.

True

“¹⁴Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: ¹⁵And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. ¹⁶Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”
(James 5:14-16)

- 2** There is a sin that leads to death.

True

“¹⁶If you see a Christian brother or sister sinning in a way that does not lead to death, you should pray, and God will give that person life. But there is a sin that leads to death, and I am not saying you should pray for those who commit it. ¹⁷All wicked actions are sin, but not every sin leads to death.” (1 John 5:16-17 New Living Translation)

- 3** Sometimes sickness is a result of being oppressed by the devil.

True

“How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.” (Acts 10:38)

- 4** Jesus made a provision to heal us.

True

“¹⁶When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick: ¹⁷That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.” (Matthew 8:16-17)

5 Taking pills is not a substitute for seeking God and following Christ.

True

“And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the Lord, but to the physicians.” (2 Chronicles 16:12)