

Hi, I'm Crawford Loritts with a Legacy Moment.

Back some years ago, I got one of those disturbing reports from my doctor. He called me and said, “Hey, Crawford, your cholesterol level is higher than it ought to be. I want you to change the way you eat, and I want you to get on a regular exercise program.” I didn’t like that, and I still don’t like it, but I decided not to eat a lot of the stuff I really love. And I started my daily routine of aerobic walking.

How’s your diet and exercise? I mean spiritually. Are you eating regularly, and are you eating the right stuff? Are you exercising your spiritual disciplines? Too many of us have an emotional approach to the Christian life. God wants us to embrace a spiritual workout regimen.

Young pastor Timothy needed to be reminded of that. His mentor, his role model—the Apostle Paul—was in jail. He picked up his pen and wrote this to Timothy in 1 Timothy chapter 4. Verse 8 says; “For bodily discipline is only of little profit, but godliness is profitable for all things...” Verse 14; “Do not neglect the spiritual gift within you which was bestowed upon you with prophetic utterance with the laying on of hands by the presbytery.” Verse 15; “Take pains with these things. Be absorbed in them so that your progress may be evident to all.” Verse 16; “Pay close attention to yourself and to your teaching.”

Again, Paul says, “Hey, Timothy! Look, it doesn’t matter how you feel. You have to step up. Take care of yourself. Do the tough things. These things require discipline. If you want to be in great shape spiritually, you have to take pains with these things. It’s tough work, but it’s rewarding.”

Here’s what I want you to remember today. Spiritual maturity requires sacrifice, and sacrifice requires discipline, and discipline’s reward is godliness.