

# S.O.H.L.

## WEEKLY MINISTRY MEDITATIONS

*Pronounced "Soul"*

June 18, 2012

### Exercise Your Spiritual Thoughts

**1 TIMOTHY 4:7 NKJV** – (7) But reject profane and old wives' fables, and exercise yourself toward godliness.

Just as a skillful coach will often return to the basics of the sport to pull the team or a player out of a slump, Paul returns to the basics to keep his church on track. As he seeks to counteract the influences of the false teaching there, he emphasizes one of the most important practical lessons of the Pastoral Epistles: the soundness of a church depends on ministers and leaders who are sound in their faith and practice.

But wait! This teaching applies to all Christians. Yes, in this section Paul focuses on Timothy, the paradigm of the good minister or Christian leader, who must pursue spiritual priorities and pay attention to his lifestyle and calling. But we shouldn't be fooled by the term *minister*--the principles apply to all believers, just as all believers are to be vitally involved in ministry. The leader or minister is to be a model. In the leader's ministry and life God's Word and its application must be central. Attention to these basics will make a critical difference.

Of course, there are many things that could rightly be identified as "spiritual priorities." Here Paul selects three that are most essential for the development and maintenance of a sound spiritual life.

1. *Nourishment from God's Word (4:6).*
2. *Training in godliness (4:7-9).*
3. *Be on a mission (4:10).*

It is important that we exercise these steps daily and consistently. It is not hard work and it is not boring work. If it doesn't work, it is because we are simply lazy. Exercising can be challenging if there has been no work out in a long time. Let's break that spell today!

#### **SCRIPTURE READING**

LUKE 10:25-29

#### **THOUGHT FOR THE WEEK**

What really matters is what happens in us, not to us.

