

## Let Us Eat Properly and Exercise Regularly

(1 Peter 2:1-3)

### Introduction:

1. At the beginning of a new year, many people think about eating properly and exercising regularly.
2. We understand that following a healthy diet plan and exercising regularly have benefits -- they are essential for good health.
3. While a healthy diet and regular exercise can improve our physical health, in our lesson we are concerned with something much more serious -- diet and exercise are keys to improving our spiritual health.
4. Let us begin by showing how . . .

### Discussion:

- I. THE LORD WANTS HIS PEOPLE TO EAT PROPERLY
  - A. Some helpful information is presented in 1 Peter 2:1-3.
    1. The Lord wants us to lay aside the sinful activities listed in vs.1 because they are harmful.
    2. Vs.2 teaches us to "*desire the sincere milk of the word.*"
      - a. To become God's children we must be born again (1:22-23).
      - b. By feasting upon the sincere milk of the Word, we will grow.
  - B. The Lord wants us to grow and mature so we can feast upon strong meat (Hebrews 5:12-13).
  - C. In John 4:34 Jesus revealed His diet -- doing the Father's will and finishing His work.
- II. THE LORD ALSO WANTS HIS PEOPLE TO EXERCISE REGULARLY
  - A. Some helpful information is presented in Acts 24:16.
    1. As Paul spoke before Felix, he mentioned his exercise plan.
    2. He wanted to always maintain a clear conscience toward God and men.
    3. To accomplish this he avoided harmful activities and he participated in good activities.
  - B. Additional information is presented in 1 Timothy 4:7-9.
    1. Things such as profane and old wives' fables are to be avoided -- they do not produce positive results.
    2. Rather, we are to exercise ourselves unto godliness.
    3. A comparison is made between physical exercise and godliness.
      - a. Physical exercise is profitable, but it is limited to this life.
      - b. Godliness is profitable unto all things -- it helps to prepare us for the life to come.
  - C. Let us consider Hebrews 5:14.
    1. We showed from vs.12-13 that the Lord wants His people to reach the point that we can feast upon solid meat.
    2. Meat is for those who have grown and matured.
    3. To grow and mature, we must have our senses exercised to be able to discern good and evil.

### Conclusion:

1. Before beginning a diet or exercise program, a doctor should be consulted.
2. This principle applies to spiritual diet and exercise (Psalm 139:23-24).
3. Spiritually speaking,:
  - a. what kind of diet do you have?
  - b. what kind of exercise do you get?
4. Knowing that we should have a healthy diet and exercise regularly without taking any action will not help us.
5. With the Lord's help we can do the things we have studied, and they will help us to have good spiritual health.