

Great indeed, we confess, is the mystery of **godliness**:

*He was manifested in the flesh,
vindicated by the Spirit,
seen by angels,
proclaimed among the nations,
believed on in the world,
taken up in glory. 1 Timothy 3:16*

*Have nothing to do with irreverent, silly myths. Rather train yourself for **godliness**; for while bodily training is of some value, **godliness** is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:7-8*

““Promise” connotes grace and does not imply that godliness earns and merits so much. Born of grace, godliness now and to all eternity walks in the golden garden of promise where it plucks endless profit. Many Christians foolishly imagine that godliness forfeits so much in this life. So they forsake it occasionally in order to snatch some of these things; but these things are only apples of Sodom. Some permanently forsake godliness for what the world promises. But look at the lying promise Satan made to Eve.” (1)

Many of you have resolved to exercise more this year. You have made a plan and hope to see results. You may be following one of the many exercise gurus as an example and for motivation. You believe what these experts say and you even proclaim their exercise gospel to others (even to many of your friends and family who to your astonishment could really care less!).

To be sure, your walking, running, burpees, squats, deadlifts, push-ups, planks, sit-ups, bench presses, and kettle bell swinging, when done to the glory of God, will be of *some* benefit (even spiritual), but I pray you would devote even more time and effort in training yourself for godliness this year.

In Christ, you have been given the perfect eternal example of godliness. He lived, died, rose, and ascended. You have believed on Him and received salvation from the wrath of God. Filled with the Holy Spirit, may you proclaim Him, obey His words and follow His example. Doing so will necessarily produce amazing results in this life and eternity.

Pastor Rich

1. R. C. H. Lenski, [*The Interpretation of St. Paul's Epistles to the Colossians, to the Thessalonians, to Timothy, to Titus and to Philemon*](#) (Columbus, OH: Lutheran Book Concern, 1937), 636.