



Memorization Exercise

Our fathers in Egypt ... did not remember the multitude of Your mercies, but rebelled by the sea--the Red Sea. Psalm 106:7

Fitness experts tell us to start working out at home starting today, even if we don't have the latest treadmills, well marketed Bowflex machines or some specialized training equipment. You can use your house stairs for example, for stepping exercises. You can lift books or buckets of sand to work your shoulder muscles and you can utilize other common household items in this daily fitness training. Yes, you can get physically fit at home using a low-tech approach. Lots of trainers agree and encourage people to use chairs, trampolines, jump ropes, mops, and even bags of groceries in conditioning routines. Exercise as a matter of will, not wealth. I should talk. I go out hiking around a park maybe three times a week. But here's my point: It's the same way when you desire to get in shape spiritually.

Listen, you can buy a big box full of Bible helps ...like Bible dictionaries, commentaries, lexicons and they are all helpful. And we can begin spiritual training today with nothing more than the Bible, verse memorization and the guidance of the Holy Spirit. Paul exhorted his protégé Timothy with these words: ***"Exercise yourself toward godliness. 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 4:7-8).

Just like your body will grow strong with vigorous daily exercise, so too will your spirit-man inside grow stronger with daily spiritual exercise. If you are a good steward of what God has give you to work with, you will be a good witness for others. There are no dollars required to memorize Scripture, no costs involved in reading through the Bible, no money needed to pray the Scriptures. We don't need special equipment or theological materials in order to pray for a friend in need, to give thanks to God, or to sing praises

to the Lord. We just need to begin working out with the Scriptures ...where we are today, with what we have, right now.

*In the Fisher's mighty hand,
kurt*



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