

EXERCISE, EXERCISED, EXERCISES, EXERCISETH, EXERCISING

David told God that he didn't **exercise** himself in great matters. (In other words, he humbled himself and minded the business that God gave him.)

- **Psalm 131:1:** "Lord, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me."

We should **exercise** discretion and understanding, so we can be delivered from those who walk in darkness and rejoice in doing evil.

- **Proverbs 2:11-13:** "Discretion shall preserve thee, understanding shall keep thee: To deliver thee from the way of the evil man, from the man that speaketh froward things; Who leave the paths of uprightness, to walk in the ways of darkness;"

We should **exercise** discretion and understanding, so we can be delivered from immoral women.

- **Proverbs 2:11-12, 16-17:** "Discretion shall preserve thee, understanding shall keep thee: To deliver thee from the way of the evil man, from the man that speaketh froward things; ... To deliver thee from the strange woman, even from the stranger which flattereth with her words; Which forsaketh the guide of her youth, and forgetteth the covenant of her God."

We must **exercise** discretion.

- **Proverbs 5:2:** "That thou mayest regard discretion, and that thy lips may keep knowledge."

Those who are prudent don't believe everything they're told. Instead they **exercise** discernment.

- **Proverbs 14:15:** "The simple believeth every word: but the prudent man looketh well to his going."

We must **exercise** discernment when it comes to what teachings we're willing to listen to. We must not blindly accept everything we hear, but instead reject those that lead us into error.

- **Proverbs 19:27:** "Cease, my son, to hear the instruction that causeth to err from the words of knowledge."

Princes are persuaded by forbearing for a long time (in other words, by **exercising** self-control and restraint).

- **Proverbs 25:15:** "By long forbearing is a prince persuaded, and a soft tongue breaketh the bone."

It's good for women to **exercise** and strengthen themselves.

- **Proverbs 31:17:** "She girdeth her loins with strength, and strengtheneth her arms."

God **exercises** lovingkindness, judgment, and righteousness in the earth.

- **Jeremiah 9:24:** "But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD."

We must be very careful to **exercise** discernment when someone claims to be speaking for God. (There are false prophets in the world who speak lies.)

- **Ezekiel 13:2:** "Son of man, prophesy against the prophets of Israel that prophesy, and say thou unto them that prophesy out of their own hearts, Hear ye the word of the LORD;"

The princes of the Gentiles exercised **dominion** and lordship over their people.

- **Matthew 20:25:** "But Jesus called them unto him, and said, Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise authority upon them."
- **Mark 10:42:** "But Jesus called them to him, and saith unto them, Ye know that they which are accounted to rule over the Gentiles exercise lordship over them; and their great ones exercise authority upon them."
- **Luke 22:25:** "And he said unto them, The kings of the Gentiles exercise lordship over them; and they that exercise authority upon them are called benefactors."

Jesus forbade His disciples from **exercising** dominion and authority over one another. Instead He commanded His

followers to serve one another in love.

- **Matthew 20:25-27:** "But Jesus called them unto him, and said, Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise authority upon them. But it shall not be so among you: but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant:"
- **Mark 10:42-44:** "But Jesus called them to him, and saith unto them, Ye know that they which are accounted to rule over the Gentiles exercise lordship over them; and their great ones exercise authority upon them. But so shall it not be among you: but whosoever will be great among you, shall be your minister: And whosoever of you will be the chiefest, shall be servant of all."
- **Luke 22:25-26:** "And he said unto them, The kings of the Gentiles exercise lordship over them; and they that exercise authority upon them are called benefactors. But ye shall not be so: but he that is greatest among you, let him be as the younger; and he that is chief, as he that doth serve."

We must **exercise** discernment and seek that which is perfect in God's sight. We must only accept things that are acceptable to Him, and refuse anything that's sinful or unclean.

- **Romans 12:2:** "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

We must **exercise** discernment and seek God's will (not our own will or the will of this world).

- **Romans 12:2:** "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Those who show mercy to others are **exercising** a spiritual gift, which God gave them by His grace.

- **Romans 12:6, 8:** "Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith; ... Or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness."

There are some people within the body of Christ who are called to rule over it. They **exercise** authority by the grace that God has given to them.

- **Romans 12:6, 8:** "Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith; ... Or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness."

We must **exercise** discernment so we can tell the difference between good and evil.

- **Romans 12:9:** "Let love be without dissimulation. Abhor that which is evil; cleave to that which is good."

We must not be wanton. We need to **exercise** self control.

- **Romans 13:13:** "Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying."

We must **exercise** discernment in order to find those who cause divisions by bringing false doctrines into the church (so we can avoid them).

- **Romans 16:17-18:** "Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them. For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple."

We must be careful about how we **exercise** our liberty, so that we don't cause other people to sin.

- **1 Corinthians 8:9:** "But take heed lest by any means this liberty of your's become a stumblingblock to them that are weak."

It's better to not **exercise** our liberty than to do something that causes someone to fall into sin.

- **1 Corinthians 8:9, 13:** "But take heed lest by any means this liberty of yours become a stumblingblock to them that are weak. ... Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend."

We must not **exercise** our rights in a way that hinders the gospel. (The gospel is more important.)

- **1 Corinthians 9:12:** "If others be partakers of this power over you, are not we rather? Nevertheless we have not used this power; but suffer all things, lest we should hinder the gospel of Christ."

When a woman wears a head covering she's **exercising** power over her head.

- **1 Corinthians 11:10:** "For this cause ought the woman to have power on her head because of the angels."

When Paul didn't take money from the church, he was **exercising** humility. He was humbling himself so that the church might be exalted.

- **2 Corinthians 11:7:** "Have I committed an offence in abasing myself that ye might be exalted, because I have preached to you the gospel of God freely?"

It's good to **exercise** self-control. We must control ourselves, instead of allowing our sinful desires to control us.

- **Galatians 5:23:** "Meekness, temperance: against such there is no law."

We need to **exercise** discernment so we can tell if someone else is overtaken in a fault. (This is so we can be aware of the problem, and reach out to help them.)

- **Galatians 6:1:** "Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted."

We need to **exercise** discernment so that we're not deceived.

- **Galatians 6:7:** "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

Churches aren't called to be non-judgmental. Instead they're commanded to **exercise** judgment.

- **Philippians 1:9:** "And this I pray, that your love may abound yet more and more in knowledge and in all judgment;"

Churches should **exercise** knowledge and judgment by taking care to only approve things that are excellent.

- **Philippians 1:9-10:** "And this I pray, that your love may abound yet more and more in knowledge and in all judgment; That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ."

Even churches that are persecuted must learn to **exercise** discernment.

- **1 Thessalonians 5:21:** "Prove all things; hold fast that which is good."

The apostles had the right to ask churches to pay for their food and provide for their financial needs. However, they refused to **exercise** that right (so that they might set an example for others to follow).

- **2 Thessalonians 3:8-9:** "Neither did we eat any man's bread for nought; but wrought with labour and travail night and day, that we might not be chargeable to any of you: Not because we have not power, but to make ourselves an ensample unto you to follow us."

Church leaders must **exercise** discernment, and protect the church from things that are unclean or false.

- **1 Timothy 4:7:** "But refuse profane and old wives' fables, and exercise thyself rather unto godliness."

Physical **exercise** doesn't benefit the life to come. (This is different from godliness, which has everlasting benefits.)

- **1 Timothy 4:8-9:** "For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. This is a faithful saying and worthy of all acceptation."

We must **exercise** discernment so that we don't turn away from the truth and believe fables.

- **2 Timothy 4:4-5:** "And they shall turn away their ears from the truth, and shall be turned unto fables. But watch thou in all things, endure afflictions, do the work of an evangelist, make full proof of thy ministry."

The way we learn the difference between good and evil is by using our senses. It's an **exercise** that do over time.

- **Hebrews 5:14:** "But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil."

We must learn to **exercise** discernment so that we're not led astray by false doctrines.

- **Hebrews 13:9:** "Be not carried about with divers and strange doctrines. For it is a good thing that the heart be established with grace; not with meats, which have not profited them that have been occupied therein."

Christians must **exercise** discernment so that they can spot false prophets and avoid them.

- **1 John 4:1:** "Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world."

In the tribulation era, the second kingdom that arises will **exercise** all the power of the first kingdom.

- **Revelation 13:11-12:** "And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon. And he exerciseth all the power of the first beast before him, and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed."