

**GOD'S GYM – Part 4**  
*Eat Right to Get Fit*

*“Your words were found and I ate them, and Your words became for me a joy and the delight of my heart. . .” (Jeremiah 15:16).*

*“As a result, we are no longer to be children, tossed here and there by waves, and carried about by every wind of doctrine . . .” (Ephesians 4:14).*

*“Like newborn babes, long for the pure milk of the Word, that by it you may grow in respect to salvation” (1Peter 2:2).*

*“O how I love Your Word! It is my meditation all the day” (Psalm 119:97).*

**1. I began to develop a love for the Bible.**

*“How sweet are Your words to my taste! Yes, sweeter than honey to my mouth” (Psalm 119:103).*

**2. I learned the value of Bible-buddies.**

*“As iron sharpens iron, so one man sharpens another” (Proverbs 27:17).*

**3. My mind was becoming saturated with Scripture.**

*“And do not be conformed to this world, but **BE TRANSFORMED BY THE RENEWING OF YOUR MIND**, that you may prove what the will of God is, that which is good and acceptable and perfect” (Romans 12:1,2).*

**4. I began to really understand spiritual truth.**

*“If you abide in My word, then you are truly disciples of Mine; and you shall know the truth, and the truth shall make you free” (John 8:31,32).*

**5. My lifestyle had a new operating system.**

*“How can a young man keep his way pure? By keeping it according to Your Word. With all my heart I have sought You; do not let me wander from Your commandments. Your Word I have treasured in my heart, that I may not sin against You” (Psalm 119:9-11).*

A key spiritual growth principle:  
The Spirit of God uses the Word of God to grow the child of God.

*For the Word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart (Hebrews 4:12).*

*For Ezra had set his heart to study the law of the Lord, and to practice it, and to teach His statutes and ordinances in Israel (Ezra 7:10).*

**“set his heart” = made a life decision**

**“study” = take it in**

**“practice” = live it out**

**“teach” = pass it on**

**“Regular personal Bible study is like a spiritual growth hormone.”**

**Your spiritual growth trajectory will be directly proportional to your intake and digestion of God’s Word.**

“Training Tips” are available for you Monday – Friday of every week. Go to **[oakpointe.org](http://oakpointe.org)** and follow God’s Gym to the tips for each day. Beef up your faith!!!

\*If you are *dead serious* about developing serious spiritual muscle via a strong personal Bible study habit, you can purchase a copy of my book, *Transformed by the Renewing of Your Mind – A radical method of daily Bible study*, at my print cost - \$5. See the table in the atrium. If you are *dead serious AND dead broke*, take a book on me. Just let me know some day that you’ve truly used it and that will be good enough for me.