

Keep Moving

Description

[RG AUDIO 122613](#)

1 Timothy 4:1-8

I know lots of people with arthritis. In fact, I have it myself. It is a peculiar disease. Most know it is painful. It is interesting that one of the hardest things to do when one is afflicted with arthritis is to exercise. But one of the best things for those who suffer with the disease is to get moving, and to keep moving. The more you move and exercise, the easier exercise becomes. •Keep moving• the doctor says.

Godliness is an internal reality that is based on an intimate relationship with a Holy God. It is, according to the original language, an inner piety. But it is also a responsibility. The Bible is full of reminders that whatever is of the heart will be expressed in the outer life. Whatever we value inwardly, will project itself outwardly.

The discipline of godly living is precious because its essence is peace, joy, love, hope. These are the practices of godliness. What a value to life here and now, but also in the assurance of life to come. Keep moving.

Author: Greg Mason

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