

GETTING YOUR Exercise

We live in a day and age where bodily exercise is stressed. People want to exercise properly, be in shape, and so on. But, with all of our stress on exercising our bodies, are we missing out on something more important? 1 Timothy 4:7-8 – **“Exercise thyself unto righteousness. For bodily exercise profiteth little; but righteousness is profitable unto all things, having promise of the life that now is, and of that which is to come.”** While bodily exercise can have its place, righteousness is profitable in so many more things. 1. Living righteous before Yahweh¹ gives us peace, joy, and purpose in this life on earth. 2. A life of love for Yahweh and submission to Him leads to eternal life, and dwelling in New Jerusalem forever with Yahweh and His Son Yahshua.

Acts 24:16 – **“And herein do I exercise myself, to have always a conscience void of offense toward Yahweh and toward men.”** We want to exercise ourselves in having a clear conscience. In this way we will 1. earn a reputation of being honest and trustworthy in business, etc., and 2. we will receive Yahweh’s favor and blessing for pleasing Him.

1

Yahweh is the Original Name of the Creator spoken of in the Scriptures. While the terms “Lord” and “God” originate in idol worship, the Name Yahweh is of pure origination, and is the Creator’s Name. (See Psalm 68:4. Jah = Yah, which is a shortened version of Yahweh.)

Do not forget to exercise yourself in spiritual things. This is the way to peace and happiness. Here is a list of things you should do as part of your spiritual exercise plan.

1. Seek Yahweh and Yahshua.² Matt. 7:7 – **“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.”**

2. Turn from your sin and give your life to Yahweh. Ezekiel 18:31 – **“Say unto them, As I live, saith Yahweh, I have no pleasure in the death of the wicked, but that the wicked turn from his way and live. Turn ye, turn ye from your evil ways, for why will ye die?”**

3. **“Repent and be baptized, in the Name of the Master Yahshua Messiah, for the remission of sins, and ye shall receive the gift of the set-apart Spirit. For the promise is unto you, and to your children, and to all that are afar off, even as many as Yahweh Almighty shall call.”** (Acts 2:38-39)

4. Follow Yahshua wherever He leads. John 1:43 – **“Yahshua says, ‘Follow Me.’ ”** John 10:27 – **“My sheep hear My voice, and I know them, and they follow Me.”**

2

Yahshua is the Name of the Savior spoken of in the Scriptures. While the terms “Jesus” and “Christ” originate in idol worship, the Name Yahshua is of pure origination. Comparing Josh. 1:1 with Acts 7:44-45, we can see that Joshua (same name as Yahshua) was called “Jesus” too, and yet we still call him Joshua. Should not we keep calling our Savior His Name, Yahshua, too?

5. Exercise yourself in obeying Yahweh's Law. Deuteronomy 30:20 – **“Love Yahweh Almighty, obey His voice, and cleave unto Him, for He is thy life, and the length of thy days.”** 1 Cor. 9:21 – **“I am not without Law to Yahweh, but I am subject to the Law to Messiah.”** John 14:15 – **“Yahshua said, ‘If ye Love Me, keep My commandments.’ ”**

6. Cultivate a heart that loves Yahweh, loves your fellowman, and loves to obey Yahweh. Matthew 22:37-40 – **“Yahshua said, ‘Thou shalt love Yahweh Almighty with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.’ ”** Romans 7:22 – **“I delight in the Law of Yahweh.”**

7. Seek to show others the way of peace, light, and truth as well. Psalm 51:13 – **“Then will I teach transgressors Thy ways, Yahweh, and sinners shall be converted unto Thee.”** Romans 1:16 – **“I am not ashamed of the Glad News of Messiah, for it is the power of Yahweh unto salvation to everyone that believeth.”** Ecclesiasticus 51:29 – **“Let your soul rejoice in His mercies, and be not ashamed of His praise.”**

8. NEVER NEVER give up. While the path of righteousness is narrow and filled with obstacles, it is the only way that leads to life. Matthew 7:13-14 – **“Yahshua says, ‘Enter ye in at the strait gate, where it is narrow because of the obstacles therein; for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat; because obstacles are in the gate, and narrow is the way, which leadeth unto life, and few there be that find it.’ ”** Matthew 10:22 – **“Yahshua says, ‘And ye shall be hated of all men for My Name's sake; but he that endureth to the end shall be saved.’ ”** Revelation 22:14 – **“Blessed are they that do His commandments, that they may have right to the Tree of Life, and may enter in through the gates into the city.”**

Romans 8:28, 31, 35-39 – **“And we know that all things work together for good to them that love Yahweh, to them who are the called according to purpose. What shall we then say to these things? If Yahweh be for us, who can be against us? Who shall separate us from the love of Messiah? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, ‘For Thy sake we are killed all the day long, we are accounted as sheep for the**

slaughter. ‘ Nay, in all these things we are more than conquerors through Him that loved us. For I am persuaded that neither death, nor life, nor messengers, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature shall be able to separate us from the love of Yahweh which is in Messiah Yahshua our Master.’ ”

Ecclesiastes 11:7 – **“Truly the Light is sweet.”**

-Rivqah (R.J.Coover), 10-2004

For a wealth of information on how to pursue the path of righteousness, go to the Scriptures. From Genesis to Revelations, there is much instruction for us to learn from. Also pray to Yahweh for wisdom, guidance and strength.

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