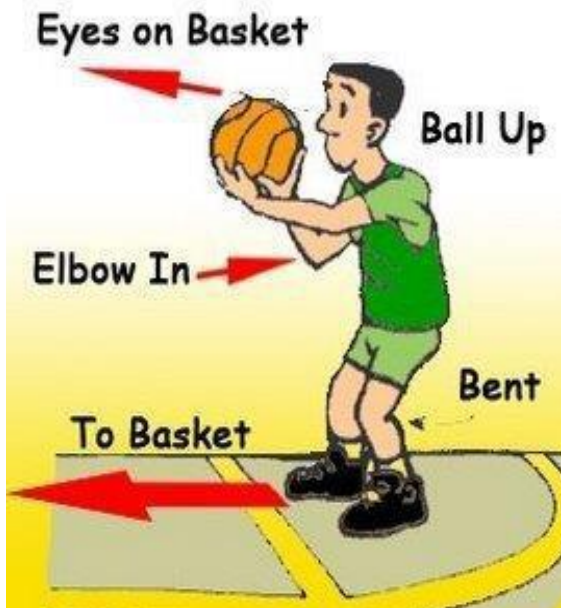


Spiritual exercise is more important than physical exercise!



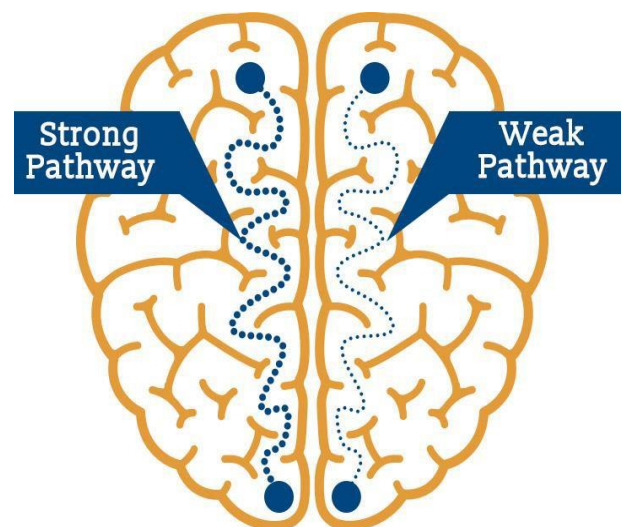
“...Exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things . . . Meditate on these things; give yourself entirely to them, that your progress may be evident to all” (1 Timothy 4:7,8,15).

The words “exercise” and “godliness” imply activities to strengthen your spiritual pathways. Use of the word “meditate” implies prayer, Bible study and thinking spiritual thoughts to strengthen your spiritual pathways.

These are additional spiritual fruit (spiritual pathways) that are grown through our “diligence” (practice) and the Holy Spirit’s help:

“...His divine power has given to us all things that pertain to life and godliness . . . For this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love”

(2 Peter 1:3,5).





1. "..._____ yourself toward _____. For bodily exercise profits a little, but godliness is profitable for all things . . . _____ on these things; give yourself entirely to them, that your progress may be evident to all" (1 Timothy 4:7,8,15).

exercise godliness meditate

2. The words "_____" and "_____" imply activities to _____ your spiritual pathways. Use of the word "meditate" implies prayer, Bible study and thinking _____ thoughts to strengthen your spiritual pathways.

exercise godliness strengthen spiritual

"...His divine _____ has given to us all things that pertain to life and godliness . . . For this very reason, giving all _____, add to your faith virtue, to virtue knowledge, to knowledge _____, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love" (2 Peter 1:3,5).

power diligence self-control

8. How should you start the swing?



By moving the grip

9. Where should you put your club?



In the middle of the sternum

10. When you are performing your backswing, where will your chest eventually point?



Towards the Sky

