

# *The Connection Between Physical and Spiritual Conditioning*

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*8 May 2022*

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<sup>7</sup>But reject profane and old wives' fables, and exercise yourself toward godliness. (1 Timothy 4:7 NKJV)

It is a good thing that we can exercise ourselves in godliness because this is what life is made of. The Lord is so good to us that He gives us strength, and He gives us health, and He gives us an ability to do what we have to do.

I truly believe God has designed us to keep moving, to keep growing, to keep increasing and as we are obedient to the Word of God, our capacity and our ability to see things and experience things and to have and attract the spiritual things of God in our lives. It increases because as you trust God step by step, as you go forward, and you do what His Word says.

In the context of eternity, it is a little time. In the context of our time on earth, we have to have these bodies to be able to do what God wants us to do.

We are all growing spiritually, we are all digging deep in our hearts and in our ability to connect with God and, in our own capacity. Find capabilities, skills, and abilities that we didn't know we had before and as you do new things and you get through them, God just does amazing things and lifts us up to the next level, and His favour rests there.

Say, "Thank You, Lord, for blessing us, thank You for good health, thank You for all the prosperity and the good things You have for us. Lord, increase; I am believing for good health and all the good things that You need to be able to do this."

Remember, we are spirit, we have a soul, and we live in a body. In our life, we feed our spirit man to become stronger and stronger, and dominate our soul, and work with our soul, so that our soul is receiving instruction from our spirit man, that is receiving instruction from the Holy Spirit and the Word of God that is alive in your most inner man. That is the focus of our lives.

So, for your spirit man, godliness is profitable, eternally. Whatever profit you get from your body in exercise, it's a very little time in the whole of eternity. So, it does profit little, and it does profit for a little time. The better we look after our body on the earth, in the little that we do, in the little time that we have, the more we actually look after our bodies, and we keep them healthy, we eat the right things and exercise, the better our spirit man can be released, and our soul can function.

There's a direct connection, in having that kind of attitude about your body, and your spirit life because your spirit man wants to control what your body does and the desires and appetites of your body, so that it lives strong and healthy and that it lives in a way that promotes your ability to live in the fullness of God.

We were designed to be born into an environment of the earth, where our bodies could release the power and the glory of God as a being that God created.

He's given us an environment that we creatures must live in, and the bodies that He's given us to live in, we must look after it. There's a definite connection between the condition of how you treat your body and the release of spirit life. It's a connection between the discipline of your body and the discipline of your prayer life. It is definitely a connection between the discipline of the words that come out of your mouth, the discipline of your prayer life, and the way you treat your body.

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# Physical and Spiritual Conditioning

You're the temple of the Holy Spirit, you are the temple of God, use your body for the advantage of godliness. Use your body for the advantage of allowing God's Word to demonstrate itself through your body.

Look after your body, give it to God, do exercise, and eat well.

Our bodies belong to God, don't let that supposed worldly wisdom control your life.