*Sunday, January 2, 2011*

**The New You**

2 Corinthians 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. (KJV)

This new you, needs a new and better exercise program.

1 Timothy 4:8 For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. (KJV)

Now the Lord is not saying that one should never physically exercise, what He is saying is that He has a new and better exercise program that will truly profit you; which is Spiritual exercise that brings out the new you, and gets rid of the old you, that which is not profitable unto you and would leave you outside the kingdom of God.

Our Spiritual exercise, keeping the mind renewed in the things above; thinking on those things that are true, just, honest, pure, lovely, and of good report will do you well. It renews you in the Spirit of your mind getting your fleshly thinking out of the way and allowing the Lord, the mind of Christ to take over within you, and exercise you in the ways of righteousness, unto God a good report.

Exercise requires being a doer and not just a hearer. If you stand and look at the exercise equipment it will profit you nothing, but if you get on it and start to move, in time you will begin to see the profit of your labor. The same holds true in our Spiritual life and walk. If we just read the Word but never exercise it into our life through the leading and guiding of the Holy Spirit, it will profit us nothing; for the letter alone kills, but being mixed with faith, being a doer, the Word comes alive with in us; the Spirit gives life.

John 6:63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life. (KJV)

Spiritual exercise as well sometimes requires correction, but afterward it will yield the peaceable fruit of righteousness unto them which are exercised thereby. Your spiritual senses being exercised and strengthened so that you are able to discern both good and evil; clinging to that which is good and abhorring that which is evil.

Hebrews 5:13-14 For every one that useth milk is unskilful in the word of righteousness: for he is a babe. 14 But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil. KJV

So dearly loved brethren, get up and get moving forward on the path of life; continue to exercise unto godliness looking steadfastly for the new you in Christ to profit unto eternal life; prosper and be in health, even as your soul prospers. God bless.