

EXERCISE YOUR SPIRITUAL MUSCLES, YOUR FAITH

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EXERCISE YOUR FAITH BY DOING THE WORK OF FORGIVENESS

(Luke 17:1-4) Then said he unto the disciples, It is impossible but that offences [*snare, stumbling-blocks*] will come: but woe unto him, through whom they come! It were better for him that a millstone were hanged about his neck, **and he cast into the sea**, than that he should offend one of these little ones [*i.e. little (immature) Christians*]. Take heed to yourselves: If thy brother trespass [*sin*] against thee, rebuke him [*censure or admonish*]; and if he repent [*to think differently, reconsider*], **forgive him**. And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; **thou shalt forgive him**. [*please note the repetitions (exercise)*]

INCREASE YOUR FAITH BY EXERCISE

(Luke 17:5,6) And the apostles said unto the Lord, **Increase our faith** [*belief, fidelity (syn: loyalty)*]. And the Lord said, If ye had faith as a grain of mustard seed, ye might say [*i.e. THEREBY EXERCISING YOUR FAITH*] unto this sycamine tree [*a blackberry tree possessing an extensive root system*], Be thou plucked up by the root, **and be thou planted in the sea; and it should obey you**.

1. (Rom 10:17) So then faith cometh by hearing, and hearing by the word of God.
2. (Rom 12:3) For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, **according as God hath dealt to every man the measure of faith**.
3. (1 Cor 12:7-14) But the manifestation of the Spirit is given to every man to profit [*for who?*] withal. For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; To another **faith** by the same Spirit; to another the gifts of healing [*?*] by the same Spirit; To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues: But all these worketh that one and the selfsame Spirit, dividing [*distributing*] to every man severally [*his own, his proper, his several*] as he will. For as **the body is one**, and hath many members, and all the members of that one body, being many, are one body: so also is Christ. For by **one Spirit** are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit. For the body is not one member, but many.

FAITH MUST BE EXERCISED ELSE IT IS DEAD

(if you do not exercise your body, it atrophies, wastes away, withers, and dies)

(James 2:14-26) What doth it profit [*for who?*], my brethren, **though a man say he hath faith, and have not works? can faith save him?** If a brother or sister be naked, and destitute of daily food. And one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit? **Even so faith, if it hath not works, is dead, being alone**. Yea, a man may say, Thou hast faith, and I have works: show me thy faith without thy works, and I will show thee my faith **by my works**. Thou believest that there is one God; thou doest well: the devils also believe, and tremble. But wilt thou know, **O vain man, that faith without works is dead?** Was not Abraham our father justified by works, when he had offered Isaac his son upon the altar? Seest thou how **faith wrought** [*worked*] **with his works, and by works was faith made perfect?** And the scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness: and he was called the Friend of God. Ye see then how that **by works a man is justified, and not by faith only**. Likewise also was not Rahab the harlot **justified by works**, when she had received the messengers, and had sent them out another way? **For as the body without the spirit is dead, so faith without works is dead also**.

LIKE YOUR MUSCLES, YOUR FAITH SERVES YOU

(Luke 17:7-10) But which of you, having **a servant** plowing or feeding cattle, will say unto him by and by, when he is come from the field, Go and sit down to meat? And will not rather say unto him, Make ready wherewith I may sup, and gird thyself, and serve me, till I have eaten and drunken; and afterward thou shalt eat and drink? Doth he thank that servant because he did the things that were commanded him? I trow [*think*] not. **So likewise ye, when ye shall have done all those things which are commanded you, say, We are unprofitable** [*to whom?*] **servants: we have done that which was our duty to do**.

1. duty = Dict: 1. that which one is bound to do by legal or moral obligation.

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THE EXAMPLE OF THE PROFITABLE AND UNPROFITABLE SERVANTS

(Luke 17:11-14) And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee. And as he entered into a certain village, there met him **ten men that were lepers** [*leprosy is a biblical symbol of sin, i.e. ten sinners*], which stood afar off: And they lifted up their voices, and said, **Jesus, Master, have mercy on us**. And when he saw them, he said unto them, Go show yourselves unto the priests. And it came to pass, that, **as they went** [*i.e. obeyed, did their duty*], **they were cleansed**.

(Luke 17:15-19) And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at his feet, giving him thanks: and he was a Samaritan. And Jesus answering said, **Were there not ten cleansed? but where are the nine?** There are not found that returned to give glory to God [*i.e. to give over and above what was commanded*], save this stranger. And he said unto him, Arise, go thy way: thy faith hath made thee whole.

Amen