Time to Exercise

Jeremiah 9:23-24

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- **23** Thus says the LORD: “Let not the wise *man*
glory in his wisdom, Let not the mighty *man*
glory in his might, nor let the rich *man* glory in
his riches; **24** But let him who glories glory in
this, that he understands and knows Me, that I
am the LORD, exercising lovingkindness,
judgment, and righteousness in the earth. For
in these I delight,” says the LORD.

- Exercise in Hebrew is asah (aw-saw’) – which means, to do or make; accomplish; advance

- Delight in Hebrew is chaphets (khaw-fates’) – which means, to incline to; to be pleased with; desire

- Lovingkindness in Hebrew is checed (kheh’-sed) – which means. Kindness; piety; reproof; merciful kindness

Romans 2:4-5

- **4** Or do you have no regard for the wealth of His kindness and tolerance and patience [in withholding His wrath]? Are you [actually] unaware *or* ignorant [of the fact] that God's kindness leads you to repentance [that is, to change your inner self, your old way of thinking—seek His purpose for your life]? **5** But because of your callous stubbornness and unrepentant heart you are [deliberately] storing up wrath for yourself on the day of wrath when God's righteous judgment will be revealed. (AMP)

Ephesians 2:4-9

- 4 But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised *us* up together, and made *us* sit together in the heavenly *places* in Christ Jesus, 7 that in the ages to come He might show the exceeding riches of His grace in *His* kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, 9 not of works, lest anyone should boast.

- Judgment in Hebrew is mishpat (mish-pawt’) – which means, a verdict pronounced judicially (especially a sentence or formal decree)

- Romans 1:18-19 - **18** For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness, **19** because what may be known of God is manifest in them, for God has shown *it* to them.

Romans 1:28-32

- **28** And even as they did not like to retain God in *their* knowledge, God gave them over to a debased mind, to do those things which are not fitting; **29** being filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; *they are* whisperers, **30** backbiters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents, **31** undiscerning, untrustworthy, unloving, unforgiving, unmerciful; **32** who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.

- Righteousness in Hebrew is tsedaqah (tsed-aw-kaw’) – which mean rightness. Its root word, tsadaq means to make right; cleanse or clear.

Ephesians 5:8-10

- **8** For once you were darkness, but now you are light in the Lord; walk as children of Light [live as those who are native-born to the Light] **9** **(**for the fruit [the effect, the result] of the Light consists in all goodness and righteousness and truth**)**, **10** trying to learn [by experience] what is pleasing to the Lord [and letting your lifestyles be examples of what is most acceptable to Him—your behavior expressing gratitude to God for your salvation]. (AMP)

Romans 5:16-18

- **16** Nor is the gift [of grace] like *that which came* through the one who sinned. For on the one hand the judgment [following the sin] *resulted* from one trespass and brought condemnation, but on the other hand the free gift *resulted* from many trespasses and brought justification [the release from sin's penalty for those who believe]. **17** For if by the trespass of the one (Adam), death reigned through the one (Adam), much more *surely* will those who receive the abundance of grace and the free gift of righteousness reign in [eternal] life through the One, Jesus Christ. **18** So then as through one trespass [Adam's sin] there resulted condemnation for all men, even so through one act of righteousness there resulted justification of life to all men. (AMP)

Romans 11:22-23

- Then appreciate the gracious kindness and the severity of God: to those who fell [into spiritual ruin], severity, but to you, God’s *gracious* kindness—if you continue in His kindness [by faith and obedience to Him]; otherwise, you too will be cut off. **23** And even they [the unbelieving Jews], if they do not continue in their unbelief, will be grafted in; for God has the power to graft them in again. (AMP)

•Hebrews 12:11-14

- **11** Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. **12** Therefore strengthen the hands which hang down, and the feeble knees, **13** and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed. **14** Pursue peace with all *people,* and holiness, without which no one will see the Lord: