

Berean Christian Church
Dr. Kerwin B. Lee, Senior Pastor

Bible Study

June 29, 2021

“Physical Workouts That Are Easy to Do”

I Kings 8:54-63

I Timothy 4:8 reads, “*Training your body helps you in some ways, but serving God helps you in every way by bringing you blessings in this life and in the future life, too.*” (NCV) This verse records the value of physical exercise. Studies show that individuals are more likely to stay committed to tasks they enjoy doing. Likewise, people tend to do better with an exercise regiment that is not too laborious in nature. This lesson is designed to share physical workouts from the Word of God that are easy to do.

Breakdown of I Kings Chapter 8

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|------------------------------------|--------------|---------------------|
| 1. The Pronouncements _____ | by Solomon | Verses 1-21 |
| 2. The Prayer _____ | of Solomon | Verses 22-53 |
| 3. The Praise _____ | from Solomon | Verses 54-66 |

1. **Bending** _____ your **Knees** _____ is a physical exercise that’s easy to do.
Verse 54
“When Solomon had finished all these prayers and supplications to the LORD, he rose from before the altar of the LORD, where he had been kneeling with his hands spread out toward heaven.” (NIV)
2. **Lifting** _____ your **Hands** _____ is a physical workout that’s easy to do.
Verse 54
*“When Solomon had finished all these prayers and supplications to the LORD, he rose from before the altar of the LORD, where he had been kneeling **with his hands spread out toward heaven.**”* (NIV)

(Over)

