

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

**Bible Study**

April 23, 2024

**“Old School Exercises That Still Work Today”**  
**Ecclesiastes 1:9-10**

*“History merely repeats itself. It has all been done before. Nothing under the sun is truly new. 10) Sometimes people say, “Here is something new!” But actually it is old; nothing is ever truly new.” (NLT)*

**I. Research on Old School Exercises**

Listed below are different physical activities in the Bible.

1. \_\_\_\_\_ is an old school exercise that still works today.

**Mark 1:31**

*“So he went to her bedside, took her by the hand, and helped her sit up...” (NLT)*

2. \_\_\_\_\_ is an old school exercise that still works today.

**1 Corinthians 9:26**

*“I don't run without a goal. And I don't box by beating my fists in the air.” (CEV)*

3. \_\_\_\_\_ is an old school exercise that still works today.

**Song of Solomon 2:8**

*“I hear my lover's voice. Here he comes jumping across the mountains, skipping over the hills.” (NCV)*

4. \_\_\_\_\_ is an old school exercise that still works today.

**Mark 10:17**

*“As Jesus was starting out on his way to Jerusalem, a man came running up to him, knelt down, and asked, “Good Teacher, what must I do to inherit eternal life?” (NLT)*

5. \_\_\_\_\_ is an old school exercise that still works today.

**John 20:3-4**

*“Peter and the other disciple started out for the tomb. 4)They were both running, but the other disciple outran Peter and reached the tomb first.” (NLT)*

(OVER)

6. \_\_\_\_\_ is an old school exercise that still works today.

**Acts 27:43**

*“But Julius, the officer, wanted to let Paul live and did not allow the soldiers to kill the prisoners. Instead he ordered everyone who could swim to jump into the water first and swim to land.” (NCV)*

7. \_\_\_\_\_ is an old school exercise that still works today.

**Joshua 5:6**

*“For the children of Israel walked forty years in the wilderness...” (KJV)*

8. \_\_\_\_\_ is an old school exercise that still works today.

**Proverbs 31:17**

*“She equips herself with strength [spiritual, mental, and physical fitness for her God-given task] And makes her arms strong.” (AMP)*

9. \_\_\_\_\_ is an old school exercise that still works today.

**Matthew 12:13**

*“Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other.” (NIV)*

10. \_\_\_\_\_ is an old school exercise that still works today.

**2 Samuel 6:16**

*“But as the Ark of the Lord entered the City of David, Michal, the daughter of Saul, looked down from her window. When she saw King David leaping and dancing before the Lord, she was filled with contempt for him.” (NLT)*

**II. Reflections on Old School Exercises**

Please share your thoughts on the questions below.

1. Which of the aforementioned exercises have you utilized most in the past?

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2. Which of the aforementioned exercises have you utilized very little in the past?

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3. Which of the aforementioned exercises have you not done at all?

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