

The Big Twelve
The School of The Gymnasium
Ephesians 1:11

We started this series from Ephesians chapter 1: verses 3-14 on May 22, 2013

-We are calling this: 'The Big Twelve' series

-This is a Big Twelve Conference of Schools made up of 12 verses and each verse stands alone but is very connected to sister schools before and after it.

-A school name has been assigned to each of the twelve verses to help us remember them

-Today we will be in School #9, **The School of The Gymnasium**

-**Ephesians 1:11**, it reads:

11 In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will,

How did we get to verse 11, our ninth School out of 12?

Our Recap of the Big Twelve schools covered to date starts in v. 3 of Ephesians Chapter 1

-these 12 verses, 12 schools if you will, are broken up into 3 sections following the order of the NAME in

We see here in Eph. 1:3-14 this same order

in vs. 3-6 we see the role of the Father as the planner and designer,

in vs. 7-12 we see the role of the Son as the one who executes the plan,

in vs. 13-14 we see the role of the Holy Spirit as the one who applies the finished work of the Son to mankind,

-With our 9th school we are still in the second section: 'the role of the Son as the one who executes the plan of the Father'.

-These twelve verses bring us a self-contained, very concentrated diet of enlightenment and provision from Heaven to bring us to spiritual maturity here on earth.

-How many of us want to be mature?

-Meaning, how many of us desire to walk thru this earthly life not being led about by our flesh feelings or the world,

-but by the Word and the Spirit of God?

Over 4 years ago we unwrapped and peeled back the great learning of the first school under our first division, the Role of the Father ...

We did an extensive review of Schools 1-7 when we taught on School #8 'The school of the Gathering Part 1.'

-I refer you to our website for that comprehensive review.

This brings us to our review of our eighth School...

The School of The Gathering Part 2, Ephesians 1:10 and Colossians 1:16

-we need to link in with verse 9 so we read in **Eph. 1:9 and 10**

9 having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself,

It is His will to make known to us His mysteries.... **10** that in the dispensation of the fullness of the times He might gather together in one all things in Christ, both which are in heaven and which are on earth—in Him.

-In other words all things that are in Him that are scattered are to be literally gathered in Him.

-When? In the dispensation that ends all dispensations.

-Where will the things in Him come from? Heaven and Earth

-What will the gathering look like? Not sure but the many pieces and parts that are scattered will be a singularly united, in absolute oneness as 'one'!

In part two on this school

-We focused on the word gather ...

-We found that the Greek word for 'gather' is only used twice in the NT

-Here and **Romans 13:9**, where it is translated, '**summed**'.

-Here in the Romans' verse Paul is writing to Christians, not unbelievers and he says this:

9 For the commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not bear false witness," "You shall not covet," and if there is any other commandment, are all **summed** up in this saying, namely, "You shall love your neighbor as yourself."

-we noticed five do 'nots' plus other commands are summed up not as five do nots, but as: 'you shall love your neighbor'

-How is it that a list of Five Do Nots plus other commands are not summed up to = 5 Do Nots?

-Instead we get a sum that reads- 'Love your neighbor as yourself'

How did we get to this creative math?

-When you insert faith in Christ Crucified

-When you daily insert into you the Word of God

-When you insert fellowship and prayer into your life

-When you insert these life changers after a list of do nots your 'sum' is not Five Do Nots,

-BUT Love your neighbor and you will not commit the do nots.

-Now that is a Heavenly 'summation', Heavenly math

-At the final Gathering, we will clearly see all the divine math that we only saw parts of calculated here on earth

We then Started Doing Heaven's Math Now

-The Sums of Your Life in Christ Will not fully make sense in this life

-All of the 'negative numbers', some small, some very large will have a positive summation in the gathering

-we often think the math of fairness in our lives is not in our favor.

-Life is not fair. People will cheat you; people will do bad work, Drs. miss-diagnosis

-Drunk drivers will ruin for your earthly life

-Begin to make the math better now and at the gathering and ask the LORD? What do you want to do here in this unfair situation?

-Turn the bad math of unfairness to a positive math at the gathering.

-The math of your earthly life's health may not add up here and now as a follower of Jesus.

-Why you say? Why me?

-Paul did early summation math while on earth. He said this in **2 Corinthians 4:16-18**

16 Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.

17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory,

18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

-Your life-math calculator must have this Spiritual Algorithm in it: He is Lord of all things concerning your life

-He is not just Lord of your good health, your good finances, your good boss, your good relationships, your good circumstances.

-He is Lord of all things that concern you!

For help in having better math score we now come to our 9th School

The School of The Gymnasium

Ephesians 1:11

Verse 11 reads: **11 In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will,**

Our ninth Big Twelve School is in verse is v. 11, the name of this school is: the school of the **Gymnasium**

-Why Gymnasium? Is the Greek word Gymnaso in this verse? No, it is not.

-Why use it if it is not in this verse?

-Because what God's Gym does is implied in the phrase of our verse that reads:

being predestined according to the purpose of Him who works out all the particular things according to the counsel of His will,

-One translation reads: v.11 **having been predestined according to the plan of him who works out everything in conformity with the purpose of his will**, v.12 **in order that we, who were the first to put our hope in Christ, might be for the praise of his glory.**

-The word 'works' reminds us of a work out ... a work out in God's Gymnasium

-When we add to that phrase 'works all things' we get the idea that His gymnasium can be anywhere, at anytime, under any and all circumstances

-He not only works anywhere, but He works all things out that need to come out

-He works all things 'in' that need to be worked in.

-It is His work out because it is: **Him who works**

-It is His work out whether I go the Gym and do it myself or He puts me in His Gym and works me out.

-It is His prescriptive work out and His alone for He also says in our verse: **who works out all things according to the counsel of His will,**

-according to the counsel of His will, speaks to the fact that His workout for you and I has a plan

-He has counseled Himself and has come out with a work out regimen specifically for us

-But because He is the same with regards to all peoples and we are the same with regards to our two origins:

1-Our first being in Adam

2-Our second being a transfer from the headship of the Old Adam to the Last Adam Jesus Christ

- Because of these two factors we will find the principles of His 'work outs' to be similar for all people in Christ,
- whenever they have lived and wherever they live.
- Over time as we observe many work outs we will notice repeated principles and practices
- We find these principles in His Living Word Book, called the Bible.

- What is important to remember is that when we transferred from the kingdom of Adam, the Kingdom of this world
- to the Kingdom of Christ BUT we did not leave the Adamic world physically
- We did not leave our Adamic flesh bodies but we brought them with us into the Kingdom of Heaven on Earth

- The older we were when by faith we moved into His Kingdom
- the more natural, selfish, muscle-memory habits we brought with us into His Kingdom gatherings.

- Those gatherings take place in a building we call church
- Those gatherings take place in a relationship called marriage in Christ.
- We go to other gathering places, being a new member of His Kingdom
- and we take our habits developed perhaps after years of repetition,
- so much so that they become 'ingrained and unconscious muscle memories'

- We take them to gathering places like our work place
- We take them to neighborhood gatherings
- We take them to family gatherings
- We take them on vacations whether two week vacations or weekend getaways.

- The point is we take bad habits**, former muscle memorized thought processes and responses with us wherever we go
- That makes wherever we go God's Gymnasium.
- He is the only one I know of that works out and works in while on the battle field of life.

This word Gymnasium when the Greek word is transliterated into English sounds like 'gymnaso'

- 'Exercise' is the English word that the translators used to interpret and thus translate the Greek word Gymnaso
- The word itself **signifies to exercise naked**.
- It is from 'gumnos', meaning naked which is used 15 times in the NT

- In the Gospel of Mark a Picture of a running lad is given us with this word.
- Mark as a young lad had followed the trial of Jesus and tells us that all forsook Jesus and fled.
- Mark at this time was getting too close and the guards laid hold of Him, as if to arrest him
- But mark says this of Himself: **'he laid aside his cumbersome linen cloth and fled from them naked'**.
- Not stark naked, but unencumbered by his outer tunic so he was freer to run and run fast.

- Naked speaks of Peter seeing Jesus on the shore after the resurrection.
- See Him He through aside his outer garment, got naked so to speak, and plunged into the sea to go to shore to unencumbered to go to Jesus
- This word **gumnos** speaks of being clothed with His righteousness so that we will not be found **gumnos**, naked before God.

-To the church at Laodicea Jesus had one evaluation of them that was completely different than their own evaluation of themselves

-He said of them:

17 Because you say, 'I am rich, have become wealthy, and have need of nothing'—and do not know that you are wretched, miserable, poor, blind, and naked—

18 I counsel you to buy from Me gold refined in the fire, that you may be rich; and white garments, that you may be clothed, that the shame of your nakedness may not be revealed; and anoint your eyes with eye salve, that you may see.

-And that is where we begin as we look at God's Gymnasium, His work out.

-Where do we start

-We must come before Him spiritually naked in a sense and take His counsel about ourselves and purchase by faith, gold from Him

-Let me pray for us to our Father before whom we stand naked and open

-The true question is not how He sees us but are we willing to see ourselves as He sees us?

Let us pray..... Amen

The verb form of Gymnaso is used 4 times in the NT:

2Peter 2:14-15

1Timothy 4:6-10a,

Hebrews 12:11-15

Hebrews 5:13-14

-We start with the results of our previous life's work outs,

-Our gym results from our life outside of Christ

-Often our previous training or exercise in the world's gym needs to be undone

When you made him Savior and Lord you gave Him carte blanc to save you not only from hell but from yourself and **this present evil age** as Paul calls it in Gal. 1:4

-There is nothing outside of His sovereign domain, that He will not use to work out and then work in that which is pleasing to Him

-And the last time I checked He did not ask me in advance what kind of work out do I wish to participate in?

that brings us to

2Peter 2:14-16

-Peter presents to us what we call the 3Ms- **3Ms: Mental Muscle Memory**

muscle Memory develops over time with many repetitions

-At first those repetitions must thought thru carefully, step by step

-But after many repetitions occur, less thinking is needed

-Our thoughts and reactions and actions become second nature hardly needing any mental guidance at all

-This is very true of athletes who perform feats that are unnatural

-they must repeat them over and over until they do them naturally, quickly, without thought

-So it is when we go against our conscience it fights against us

-But after a while the ungodly thoughts and actions become natural, spontaneous

-To reverse this, we must focus on developing a new set of 3Ms ...

-2Peter 2:14-15 represents the habits that were exercised out side of Christ

v.14 some that feast with you have eyes full of adultery (physical & spiritual) and that cannot cease from sin, enticing unstable souls. They have a heart already trained (gymnaso) in covetous or greedy practices

-Our focus is on the phrase '**they have a heart trained**' (*gymnaso*), in covetous or personal selfish greedy passions.

-It all starts in the throne room of our life.

-We ask Jesus thru His Spirit to sit there, but then we kick Him off and put our Flesh back on the throne.

-How did they, how can we get this way?

-From an exercised, trained heart that has been in a different kind of Gym.

-A constant repetition of thoughts, desires and actions that have become habitual, have become a perverted 3Ms: Mental Muscle Memory

-The results of these evil 3Ms coincide with some outward activities ...

-Verses 15-16.... from a trained or exercised heart they have

15 They have forsaken or left behind the right way or path and gone or wandered astray, following the way or path of Balaam the son of Beor, who agape loved or held preeminent, the wages of unrighteousness; 16 but he was rebuked for his iniquity: a dumb donkey speaking with a man's voice restrained the madness of the prophet.

-So how do we break away from the old 3Ms, the habits we brought with us into the K of G on earth

-From the Kingdom of Men?

And how do we establish new, righteous 3Ms?

We receive rebuke, correction and move on to new instructions

Thru Righteous Diet and Exercise

1 Timothy 4:6-10a

-Speaking to Pastor Timothy,

-to the Servant of the Lord Jesus Christ, Timothy

-Paul says this

6 If you instruct the brethren in these things (4:1-5), you will be a good minister of Jesus Christ, nourished or trained in the words of the faith and of the good doctrine (that comes from the many words of faith) which application of these doctrines you have carefully followed.

Partaking of the good and nourishing Word & applying it personally is the beginning of a new Gym workout

v.7 But reject or excuse to leave profane and old wives' fables or myths, and I command you to continuously exercise yourself toward or a goal of god-liked-ness.

8 For bodily exercise (noun, gymnasia) profits a little, but in contrast exercising with a view to godliness is profitable for all things having to do with our life, having promise of the life that now is and of that which is to come.

9 This is a faithful saying or message and worthy of all personal acceptance and approval.

10 For to this end we both labor to exhaustion and I would add we do so in God's Gymnasium!

-What do we learn from this passage?

-We are to pursue a proper diet, that comes first: nourished up in The Words of The Faith

-And not just the words, verses and chapters, but how they come together to form the great doctrines or teachings of the Scriptures.

-We are to voluntarily go into God's Gym.

-We are to exercise ourselves, before someone else exercises us.

-We are to judge ourselves, strip down to nakedness before God, not hiding anything, naked before Him with whom we have to do.

-We are to proactively put ourselves into God's Gym following His workout regime....

BUT!

-Whether or not we voluntarily go into God's Gym He will also take us into His Gym

-To do exercises we may unconsciously do not want to do, or that we avoid-

-For they are hard, we feel we are not able to do them, they hurt

-You might complain and say I was geek in High School I played in a band and worked in the cafeteria

-The saying 'no pain no gain' was foreign and abhorrent some would say

Why are taken into God's Gym, when we have been so faithful to come regularly?

-Someone else always pushes us a little harder, a little deeper

-Someone else will exercise us in areas we think we are ok, having deceived ourselves

So, we come to **The Gym of Discipline Training**

Hebrews 12:11-15

11 Now no chastening or disciplined training seems to be joyful for the present, but painful; nevertheless, afterwards it yields the peaceful fruit that comes forth by exercise, from our imputed of righteousness and this fruit comes forth from those of us who have been trained or gymnasiumed by it.

-These are the results we need to have

vs. 12-15: Here is the direct results or application that comes from this Gymnasium:

#1 v. 12 Therefore strengthen the hands which hang down, and the feeble knees,

-This exercise: strengthens the discouraged, the weary, makes the spiritually weak stronger for daily battles

-A better spiritual diet is also needed here ...

#2 v. 13 and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

-This discipline strongly trains us to stay on His path and in places that do not have hidden pot holes that will make us limp because we twisted our ankle...

#3 v. 14 Pursue peace with all people, and holiness (separateness from someone, something ... and separated to Christ), without which no one will see the Lord the work:

-This exercise makes us be careful in our relationships and circumstances we place ourselves in

#4 v.15a looking carefully lest anyone fall short of the grace of God;

-This discipline makes us grace aware,

-realizing that grace is always there, makes us always want to appropriate grace for ourselves

-and to give grace to others in the tough daily game of life

#5 v.15b lest any root of bitterness springing up cause trouble, and by this many become defiled;

-If we are not making straight paths and avoiding spiritual lameness

- If we do not receive this tough exercise in discipline, if we are not pursuing peace with all people while remaining separated unto God;
- If we are falling short of appropriating grace for ourselves and giving grace to others
- We will become bitter hearted in this life, followed by bitter acting,
- and lastly we will spew bitterness all over all we come into contact with

and finally, we will see the results of God's Gym and we will be a walking, living ...

Portable Gymnasium to Ourselves

Hebrews 5:13-14

13 For everyone who partakes only of milk is unskilled (*lacks knowledge or know how or correct training*) **in the proper use of the word of righteousness, why? for she or he is a baby Christian.**

14 But solid food (*the doctrines of His Word applied*) **belongs to those who are of full age or mature, that is, those who by reason of use and practice have had and continue to have their senses exercised** (*gymnasiumed*) **by themselves and continue to do so, to discern both good and evil.**

- being of full age or Maturity here is not a matter of years but a matter of self exercising your senses to critique all inputs that come into your consciousness
- I have known Christians whose spiritual Birth certificate said they were born again in in 1980 but they are babes.
- Why? Because they let their senses, their 'feel meter' rule them instead of exercising their senses into their proper submission to the Word and Spirit of God.

- What are the senses that we can exercise or we can let them exercise us?
- The Greek word for senses is used only here in the NT
- The portals of our senses are our ears, eyes, smell, touch, or feel.
- Information comes in and the question is what part of you is going to decide if what you are taking in is Good or Evil?
- The babe lets the senses of his or her flesh decide.
- The mature believer filters what is taken to the Word that you have hidden in you heart
- in order that you may exercise a correct judgment thru wisdom of the Holy Spirit who lives in you,

Back to our Eph. 1:11 as we wrap up

v. 11 In Him also we have already obtained an inheritance worthy of our being in Him, being already predestined for this inheritance according to the purpose of Him who works out all things according to the counsel of His will,

- Purpose here is 'showbread' in Matthew, Mark and Luke.
- After the gospels, it is translated: 'purpose', except in Heb. 9:2 which speaks directly of the Tabernacle Showbread
- Combing the two translations we get the picture of the showbread being God's purpose for Israel as they were represented by the twelve 'showbread' loaves of bread in the Holy Place.
- But Israel failed to be His showbread to the world
- So He sent His Son to be the True Showbread come down from Heaven.
- Jesus said this of Himself regarding Himself as the showbread:

John 6:51

51 I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.”

- The first showbread, the nation of Israel failed and God purposed that His Son, the bread from Heaven
- The true showbread would come down from Heaven be the Sowbread and He had the true showbread broken unto death
- that He might give life to those who believe in Him
- Now by faith in Christ Crucified we have this life
- And it is His ‘purpose’ to make us make us His Showbread on earth,
- to mirror-image the showbread that is in Heaven now.

How does He do that?

- 1-He predestinates the events of our life to make us into the image of His son
- 2-He ‘works out’ this purpose in His gymnasium
- 3-He invites us to always freely come into His gym and work out ourselves
- To work out of us the world’s 3Ms
- To work in His **3Ms: Mental Muscle Memory** so we will respond automatically in nearly every life situation
- And the fruit of this will be maturity as we exercise our natural senses and judge what our senses take in as to their evilness or their goodness.
- We exercise them, they should no longer exercise us.

- A great benefit of this exercising according to His purposes, whereby He uses everything to work out His ‘showbread purposes’ in us is this.
- You can choose to look for the purposes that will come from these exercises or you can be bitter and feel the victim.
- You can choose to believe Romans 8:28 and look His working all things for good
- or you can be shortsighted and in the moment and be very downcast ...

Our tenth Big twelve verse is v. 12, the name of this school is: **The school of His Glory**

