

Spiritual Fitness

1 Timothy 4:7-8 *“...exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.”*

Spiritual Fitness

- To Be Fit Follow These Simple Rules:
 - Eat a good diet
 - *You are what you eat*
 - Exercise your muscles
 - *Use it or lose it*
 - Get plenty of rest
 - *Your muscles need rest to get stronger*

Eat A Good Diet

- You will die from malnutrition
 - Hosea 4:6
- Desire the pure milk of the Word
 - 1 Peter 2:2
- We should grow to need solid food
 - Hebrews 5:12-14
- Jesus is the Bread of life
 - John 6:31-35
- Jesus gives the Water of life
 - John 4:10-14
- We shall live by the words that come from God
 - Matthew 4:4
- His words are sweeter than honey
 - Psalm 19:9-10
- Always eating and never doing will make you tired
 - Ecclesiastes 12:11-12

Use Your Muscles

- Hebrews 5:14 ~ Exercise your senses
- 1 Timothy 4:12 ~ Be an example in:
 - Word James 3:1-12
 - Conduct James 3:13-18
 - Love Matthew 5:43-48
 - Spirit Romans 1:9
 - Faith James 4:13-17
 - Purity 1 John 3:1-3

Get Plenty of Rest

- Do not grow weary in doing good
 - Galatians 6:9
 - Hebrews 12:3
- Do not worry
 - Matthew 6:25-34
- Cast all your cares upon Him
 - 1 Peter 5:7
- The Sabbath was made for man
 - Mark 2:27
 - Deuteronomy 5:12-15
- Three annual feasts
 - Deuteronomy 16:1-17
- Look at the examples of Jesus:
 - Matthew 14:22-23
 - Mark 1:35
 - John 6:15