

## BECOMING SPIRITUALLY FIT

### DEVOTE YOURSELVES TO PRAYER, BEING WATCHFUL AND THANKFUL: COLOSSIANS 4:2

PHYSICALLY FIT IS IN THE NATURAL. WHAT THE WORLD BELIEVES WE SHOULD BE

SPIRITUALLY FIT IS IN THE SPIRIT. WHAT GOD BELIEVES WE SHOULD BE

1. WHAT DOES A PERSON LOOK LIKE TO US WHO IS PHYSICALLY FIT?
- A. WHAT DOES A PERSON HAVE TO DO TO GET PHYSICALLY FIT ACCORDING TO THE WORLD STANDARDS?
- B. IF YOU ARE PHYSICALLY FIT, WHAT DOES THAT DO FOR YOU?

THINK ABOUT IT THE, IN THE NATURAL THE SAME IN THE SPIRIT. THERE ARE THINGS WE MUST DO TO STAY SPIRITUALLY FIT, TO BE ABLE TO DEFEAT THE ENEMY, TO RUN THIS CHRISTIAN RACE

1. WHAT DOES A PERSON LOOK LIKE TO YOU WHO IS SPIRITUALLY FIT?
2. WHAT DOES A PERSON HAVE TO DO TO GET SPIRITUALLY FIT ACCORDING TO GODS STANDARDS?
3. , IF YOU ARE SPIRITUALLY FIT, WHAT DOES THAT DO FOR YOU?

THE FIRST THING WE WILL TALK ABOUT TODAY IS PRAYER. PRAYER IS A PART OF BEING SPIRITUALLY FIT.

1. WHAT IS PRAYER?
2. WHO CAN PRAY?
3. WHY IS IT IMPORTANT?

JESUS PRAYED: MARK 1:35-38, MATTHEW 14:23

EPHESIANS 6;18-PRAYING ALWAYS WITH ALL PRAYER AND SUPPLICATION IN THE SPIRIT, BEING WATCHFUL TO THIS END WITH ALL PERSEVERANCE AND SUPPLICATION FOR ALL THE SAINTS

ALL CHRISTIANS ARE CALLED UPON TO PRAY. WHEN WE START PRAYING DO 1. ADORATION 2. CONFESSION 3. THANKSGIVING 4: SUPPLICATION (OUR NEEDS AND INTERCESSION FOR OTHERS.

