

BECOMING SPIRITUALLY FIT

I will bless the Lord at all times; His praise shall continually be in my mouth Psalm 34:1

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

He said to them, "Go into all the World and preach the gospel to every creature." Mark 16:15

The Word is a lamp to my feet and a light to my path. Psalm 119:105

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 THINGS WE MUST DO: Have a relationship with Christ: Praise and Worship, reading bible daily, prayer, meditating on the Word, fellowshiping with other believers, be a witness for Christ etc. .

Hebrews 13:15

Acts 16:25

EPHESIANS 6:18

MATTHEW 14:23

Psalm 47

John 4: 23-24

MARK 1:35-38

Psalm 150

Psalm 48:1

