

April 23, 2017

## 1. The discipline of diet

### 1. Feed on the nutritious Word of God.

*If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. 1 Timothy 4:6 (ESV)*

*"It is written, " 'Man shall not live by bread alone, but by every word that comes from the mouth of God.' " Matthew 4:4 (ESV)*

### 2. Avoid Spiritual Junk Food.

*Have nothing to do with irreverent, silly myths.  
1 Timothy 4:7 (ESV)*

## 2. The discipline of exercise

### 1. Make fitness a part of your routine.

*Rather train yourself for godliness; 1 Timothy 4:7 (ESV)*

### 2. Physical fitness has value.

*bodily training has some value...*

### 3. Spiritual fitness has more value plus it doesn't fade away.

*godliness is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:8 (ESV)*

*Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.  
1 Corinthians 9:25 (ESV)*

## 3. What does a plan for spiritual fitness look like?

### 1. All spiritual fitness is about knowing Jesus.

*But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ.  
2 Corinthians 11:3 (ESV)*

### 2. Spiritual fitness involves a regular workout in the Bible.

*But he answered, "It is written, " 'Man shall not live by bread alone, but by every word that comes from the mouth of God.' " Matthew 4:4 (ESV)*

- Join the Read Through The New Testament in A Year plan.
- Read a Proverb a day.
- Focus on reading and rereading Ephesians, Philippians and Colossians.
- Focus on reading and rereading 1 Timothy, 2 Timothy and Titus.

**3. Spiritual fitness means meditating on the Bible, not just reading it.**

*But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do. James 1:25 (NIV)*

*his Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8 (ESV)*

**4. Spiritual fitness involves accountability.**

**5. Spiritual fitness involves journaling.**

**6. Spiritual fitness involves prayer.**

*...You do not have, because you do not ask. James 4:2 (ESV)*

- Prayer Walks
- Prayer Prompts



**1 Timothy 4:6-8**  
**Get Fit For Jesus!**