

Get Fit

“Spiritual Fitness”

What Does It Take To Be Spiritually Fit?

1. It takes mental toughness.

- **Matt. 22:37:** *“Love the Lord your God with all your heart and with all your soul and with all your mind.”*
- **Rom. 12:2a:** *“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”*
- **2 Cor. 10:5b:** *“...we take captive every thought to make it obedient to Christ.”*

2. It takes spiritual discipline.

- **1 Tim. 4:7b:** *“...train yourself to be godly.”*
- **Ps. 1:1-2:** *“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ²But his delight is in the law of the LORD, and on his law he meditates day and night.”*

3. It takes eliminating dead weight.

- **Heb. 12:1b:** *“...let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”*

4. It takes Christ-like living.

- **Gal 4:19b; 5:22-23a:** *“I am again in the pains of childbirth until Christ is formed in you ²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control.”*
- **Eph. 3:16-19:** *“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”*