

Keeping Spiritually Fit

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I. Introduction.

A. Text: 1 Timothy 4:17.

B. We are to spend our time and energy keeping spiritually fit.

II. Physical fitness is alright, but spiritual fitness is far more important.

III. Spiritual fitness requires...

A. Motivation.

B. Regular discipline (in the Word, in prayer).

C. Proper diet.

D. Proper exercise.

IV. Physical fitness is misunderstood.

A. It is not measured by muscles or looks.

B. It is measured by the amount of work one can do without fatigue.

V. Spiritual fitness has to do with the discipline of becoming godly. (Romans 8:29)

VI. As we exercise ourselves spiritually, we become more deeply connected to God.

Application questions:

1. What does spiritual fitness mean?

2. Why is it important to know the goal of spiritual fitness? What is the goal?

3. What are some practical ways a person can become spiritually fit? Explain.
