

Spiritual Fitness

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I. Introduction.

A. Each spouse needs to develop his or her individual relationship with God in order to have a healthy marriage.

B. The Christian life does not consist in trying to keep our souls fit, but being so fit that one is ready for maximum achievement for God.

II. We cannot have a successful marriage apart from the power of Christ. (John 15:5; Philippians 4:13; Matthew 28:20)

A. We need daily wisdom from God. (James 1:5)

B. We need direction from the Bible daily. (Psalm 119:5)

C. We need to think the thoughts that God thinks. (Romans 12:1-2)

III. How to do this.

A. Have a quiet time.

1. Too many Christians only wait to go to God until they have a problem.
2. There needs to be a constant communication track.
3. A Christian who is familiar with God's Word is supplied with strength. (Isaiah 66:2)
4. The objective is to know God. (Jeremiah 9:23-24)
5. The quiet time is the beginning of getting to know God. This involves prayer and reading God's Word and can happen in seven minutes.
 - a. Thirty seconds in prayer. (Psalm 119:18)
 - b. Four minutes reading the Word. Start with something simple like Philippians or 1 John.
 - c. Two and a half minutes praying again.

B. Memorize Scripture.

1. There are great dividends to this practice.
2. Memorized Scripture is making God's truth available for him to use in our lives in any moment.

3. God can enable us to memorize Scripture. (Philippians 4:13)
4. Start with 1 Thessalonians 5:17.
5. One verse a week will change your life.

Application questions:

1. What does it mean to be spiritually fit?

2. What sacrifices do you need to make to become more spiritually fit?

3. What is your plan for consistent quiet time and Scripture memory? Explain.
