

EXERCISES FOR SPIRITUAL FITNESS

Balancing Your Personal Life – Part 4

"... Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually and practice being a better Christian, because that will help you not only now in this life, but in the next life too." 1 Timothy 4:7-8 (LB)

I. RENEW YOUR STRENGTH THROUGH

"Those who wait on the Lord will renew their strength, they will soar on wings like eagles..." Isaiah 40:31

Worship means: _____

Psalm 95:4, Colossians 4:16, John 4:24

II. DEEPEN YOUR PEACE OF MIND THROUGH

"Don't worry about anything, but in everything, by prayer... present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."
Philippians 4:6-7

John 14:13-14, Matthew 7:7-11

III. STRENGTHEN YOUR COMMITMENT THROUGH

"Do not give up the habit of meeting together...but let us encourage one another." Hebrews 10:24-25

Acts 2:42-46, John 13:34-35, 1 John 1:7

IV. EXPAND YOUR PERSPECTIVE THROUGH

Jesus said, "If you continue in my Word, then you are really my disciples. And you will know the truth, and the truth will set you free."
John 8:31-32

V. INCREASE YOUR JOY THROUGH

"Always be prepared to give an answer to everyone who asks you to give the reason for the hope you have. But do it with gentleness and respect."
1 Peter 3:15

VI. PRACTICE YOUR LOVE THROUGH

"... See that you excel in the grace of giving...to prove the sincerity of your love." 2 Corinthians 8:7-8

"On the first day of every week, each of you should set aside a sum of money you have earned ... and give it as an offering."

1 Corinthians 16:2

Luke 6:38, Malachi 3:8-10

VII. DEVELOP YOUR TALENTS THROUGH

"Whatever you do, work at it with all your heart, as working for the Lord, not for men." Colossians 3:23

"We all have different gifts according to the grace given us...use them in proportion to your faith." Romans 12:6

VIII. STRETCH YOUR FAITH BY

"Everything is possible for him who believes." Mark 9:23

"According to your faith it will be done to you." Matthew 9:29

"...without faith it is impossible to please God." Hebrews 11:6

Romans 14:23, Mark 11:22-24

Next week sermon

GOD'S REMEDY FOR BURNOUT

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