

A SPIRITUAL GROWTH EXERCISE CLASS

Essentials for Growth Part 2

“Spend your time and energy in training yourself for spiritual fitness.” 1 Timothy 4:7

*“All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.”
1 Corinthians 9:25*

OUR EXERCISE PLANS:

• TRYING TO GROW BY _____

“Have you lost your senses? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?” Galatians 3:3

• TRYING TO GROW BY _____

“Your hearts should be strengthened by God’s grace, not by obeying rules...” Hebrews 13:9

• TRYING TO GROW BY _____

“Who then will condemn us? Will Christ? No! For he is the one who died for us and came back to life again for us...” Romans 8:34

GOD’S EXERCISE PLAN:

*“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”
Ephesians 4:22-24*

1. PUT OFF THE _____

“Then Jesus gave them this illustration: ‘No one tears a piece of cloth from a new garment and uses it to patch an old garment. For then the new garment would be torn, and the patch wouldn't even match the old garment.’” Luke 5:36

2. PUT ON THE _____

“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!” 2 Corinthians 5:17

“Your old sinful self has died, and your new life is kept with Christ in God.” Colossians 3:3

3. BE _____

*“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”
Romans 12:2*

“So put away all falsehood and ‘tell your neighbor the truth’ because we belong to each other.” Ephesians 4:25

“If you are a thief, stop stealing. Begin using your hands for honest work, and then give generously to others in need.” Ephesians 4:28

“Get rid of all bitterness, rage, anger, harsh words, and slander... Instead, be kind to each other... forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:31-32

“The Spirit produces the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5:22-23

PUT OFF: _____

PUT ON: _____

BE RENEWED: _____

WHERE DO I GET STARTED? _____

“He who began a good work in you will carry it on to completion until the day of Christ Jesus.” Philippians 1:6

Next Sunday Sermon’s:

PRAYERS THAT REALLY WORK

Pastor Saro Khachikian