

Getting Spiritually Fit

1 Corinthians 9:24-27

Introduction

I The Pursuit of Spiritual Fitness

- A. The priority of getting fit
 - 1. It requires a **plan** - Isa 32:8
 - 2. It requires discipline - Phil 3:1-16
 - 3. It requires **perseverance** - Heb 12:1-2; James 1:12
- B. The balance of getting fit
 - 1. The lackadaisical approach
 - 2. The rigid approach
 - 3. The **balanced** approach - Jam 4:13-16; Prov 16:9
- C. The objective of getting fit
 - 1. To live a life **pleasing** to God - Eph 5:10; 2 Cor 5:9-10
 - 2. To bear lasting fruit for God - Jn 15:8
 - 3. To maximize the **glory** of God - Col 3:17

II The Path of Spiritual Fitness

- A. Love **God**
 - 1. Spend time with God daily - Ps 119:16; 1 Pet 2:2
 - a. Have daily **Quiet Times** - 2 Pet 3:18
 - b. Develop your prayer life - Dan 6:10; 1 Thess 5:17
 - c. **Memorize** the Word - Ps 1:2-3; Josh 1:8
 - d. Practice a lifestyle of worship - Ps 95:6-7
 - 2. Yield yourself to a lifestyle of **obedience** - Jn 14:21
 - 3. Develop koinonia with the HS - Eph 5:18; Rom 8:5
 - 4. Practice the discipline of **fasting** - Matt 6:16-18
 - 5. Take spiritual retreats - Lk 6:12-13; 11:1; Matt 14:23
- B. Love **Others**
 - 1. Love your family
 - a. Decide to be a godly **spouse** - Eph 5:21-33
 - b. Decide to be a godly parent - Deut 6:4-9
 - c. Decide to be a godly **child** - Col 3:20
 - 2. Love your fellow believers
 - a. **Encourage** them with your words - Heb 10:24-25

- b. Serve them with your gifts - 1 Pet 4:10
 - c. Be active in a small group - Acts 2:42-47
 - d. **Inspire** them with your life - 1 Cor 11:1
 - 3. Love unbelievers
 - a. Pray for their **salvation** - 1 Tim 2:1, 3-4
 - b. Share the gospel with them - Rom 10:14-15
 - c. Live a life of **integrity** - 1 Pet 2:12
- C. Make disciples
 - 1. Be a growing **disciple** - 2 Pet 3:18; Lk 9:23
 - 2. Become a **disciplemaker** - Matt 28:19-20; 2 Tim 2:2

PERSONAL APPLICATION

Take some time this week to consider the following:

- 1. Do you tend to be a rigid or lackadaisical planner when it comes to goal-setting? What are the pros and cons of each? What do you think you need to do to achieve an appropriate balance?
- 2. Do you have written goals for your spiritual and family life? If not, set time aside this week to prayerfully set realistic goals for each of the following areas: 1) Your relationship with God 2) your relationship with your family 3) your relationship with believers and 4) your relationship with unbelievers.
- 3. Below are a series of suggestions that will be helpful as you establish God-honoring objectives for this coming year:
 - 1. Ask God what He wants you to focus on this year.
 - 2. Remember to keep Christ the focus of your goals.
 - 3. Cut your lofty goals in half.
 - 4. Be specific about your goals.
 - 5. Write down how you will do it.
 - 6. Don't make too many resolutions.
 - 7. Keep your goals realistic.
 - 8. Consider finding an accountability partner.
 - 9. Keep track of your progress.
 - 10. Remember, each new day is a new beginning.

BOB HALLMAN - THE EPIC LIFE

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