

## **Get Fit**

### **Ready:**

"Rather, train yourself in godliness, for the training of the body has a limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come." –1 Timothy 4:7b-8

### **Set**

As an athlete the goal is to get in the best possible shape. Many athletes will cross train by running, biking, swimming, and other training programs to stay fit.

I am sure the apostle Paul knew what it took to be in shape. He did not just hop into his Hummer and take off on his missionary journeys. He hoofed it to get from place to place. I don't doubt that he was in pretty good condition. He wrote often about athletes and staying fit, understanding the need for spiritual fitness. Paul knew in order to battle his spiritual opponents, he had to be in the best spiritual shape possible. He studied God's Word, prayed without ceasing, and fellowshiped with countless believers. He knew spiritual fitness would draw him closer to his heavenly goal.

Are we in good shape? Physically? Spiritually? (Hopefully, both.) Physical fitness is great for sure, but spiritual fitness will get us farther in life. Are we doing what's necessary to get in better shape spiritually? Going to church or a huddle once a week won't get us in proper condition for Christ. We need to work out seven days a week through time in His Word, time in prayer, and time with other believers. Getting fit in Christ takes time and effort. It will pay off in the end.

### **Go**

1. Are you in good shape?
2. Are you fit spiritually? What can you do to get in better shape for God's glory?

### **Workout**

Psalm 119:11,105; 1 Corinthians 9:24-27; Colossians 2:6-7

### **Overtime**

Lord, I desire to be in good shape both physically and spiritually. Help me be disciplined in reading my Bible each day and bring across my path more believers with whom I can fellowship and who will encourage me to stay on track. Amen.



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