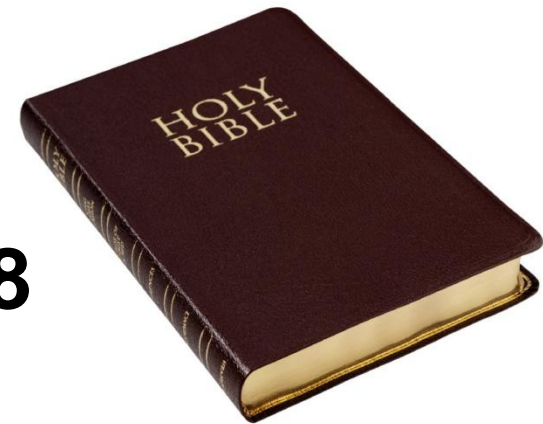


Being Spiritually Fit



Hosea 4:6
1 Peter 3:15
Ephesians 6:10-18



Spiritual Fitness

Exercise

1 Tim. 4:6-8

Work

2 Tim. 2:15; Phil. 2:12-13

Time & Attention

1 Tim. 4:12-16; Eph. 5:15-16

Proper Diet

Heb. 5:12-14; 2 Tim. 3:16-17

Self-Control

1 Cor. 9:24-27; 2 Pet. 1:5-10

Hindrances To Spiritual Fitness

Procrastination

**Acts 26:28; Acts 22:16;
2 Cor. 6:2**

Difficulties

Acts 8:18-19; 1 Thess. 5:16-22

Denial: Don't Need It!

Heb. 2:1; 2 Tim. 2:12

Associates

1 Cor. 15:33-34; 1 Thess. 5:12

Family

Luke 14:26; Acts 5:1-11

Being Spiritually Fit



Hosea 4:6
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