

Get Fit

1/27/19

1. D _____.

A. E _____ what harms.

“Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ⁹ and become one with him.”

Philippians 3:8–9a (NLT)

B. Add what H _____.

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

Philippians 4:8 (NLT)

Luke 24:13–32

* Willing to w _____ with him.

* H _____ conversation.

* L _____ to him!

* F _____ with him.

2. E _____.

“For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;⁷ and to godliness, brotherly kindness; and to brotherly kindness, love.”

2 Peter 1:5–7 (NIV84)

A. R _____.

B. C _____.

Romans 12:4–8

3. A _____.

“This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you.⁷ For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.⁸ So never be ashamed to tell others about our Lord. And don’t be ashamed of me, either, even though I’m in prison for him. With the strength God gives you, be ready to suffer with me for the sake of the Good News.⁹ For God saved us and called us to live a holy life. He did this, not because we deserved it, but because that was his plan from before the beginning of time—to show us his grace through Christ Jesus.”

2 Timothy 1:6–9 (NLT)

A. C _____.

B. T _____.

C. Developing P _____.

Spiritual Why:

“Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important for it promises a reward in both this life and the next.”

1 Timothy 4:7-9 (NLT)

Philippians 3:9b–16

Challenge: _____