



FAITH FULLY FIT

A Biblical Look at Your Spiritual Health

George is severely overweight to the point that it is beginning to affect the overall health of his body. What are some steps that George may need to take to improve his health?

Harmon is training to run the marathon in the Olympics. What type of things does he need to be doing on a regular basis to achieve his goal?

You want to be healthy. What are some things you do or should be doing regularly to remain healthy?

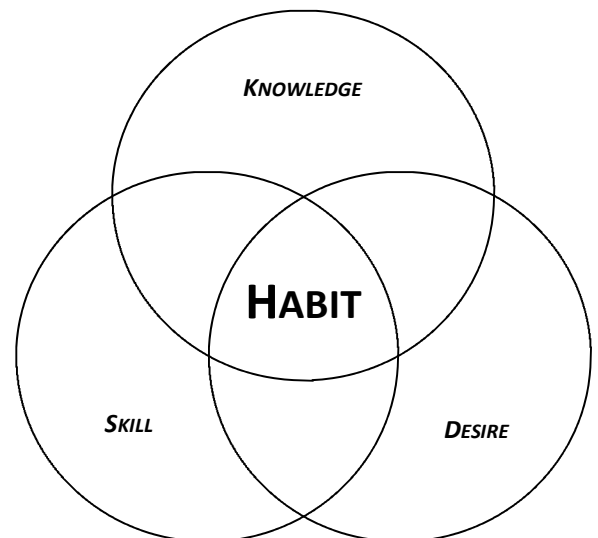
Many of the same principles apply to our spiritual health and life too. To remain spiritual healthy, there are 2 primary components:

- 1.
- 2.

What is a habit? What habits do we have? Why have we made them habits?

A habit is at the intersection of...

- Knowledge
 - The _____ to do...
- Skill
 - The _____ to do...
- Desire
 - The _____ to do...



FAITH FULLY FIT: A Way to Make Improving Your Spiritual Health a Habit

Making it a Habit—Part 1: the WANT to do

What is the hardest part of making any diet or exercise plan a habit?

What is the hardest part you have found in making your spiritual health a habit?

What is the difference between “wanting” to do something and knowing what I “should” be doing?

Where do we find the “want to do” part of a habit when it comes to our spiritual health?

^{NIV} John 6:68 Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life.

^{NIV} Romans 15:4 For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

What are some reasons that God’s Word gives us as to why we will want to study God’s Word?

^{NIV} 1 Peter 2:2 Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation,³ now that you have tasted that the Lord is good.

As God’s children, what are we to do? Why?

^{NIV} 2 Peter 3:17 Therefore, dear friends, since you already know this, be on your guard so that you may not be carried away by the error of lawless men and fall from your secure position.¹⁸ But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

What does God say a believer will do? What blessing does it bring?

^{NIV} Hebrews 5:11 We have much to say about this, but it is hard to explain because you are slow to learn.¹² In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!

What does God imply through the writer to the Hebrews our goal should be?

^{NIV} Colossians 3:16 Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

^{NIV} 2 Timothy 3:16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

What does Paul say in Colossians about the connection we are to have with God's Word?

What does Paul mean when he encourages us to "Let the word of Christ dwell in you richly?"

What benefits does a regular, consistent diet of God's Word bring?

To summarize, why study God's Word regularly?

What are some things that will get in your way of becoming faith fully fit?

- Martha syndrome
- God's will is...
- Compartmentalization

How will we handle the obstacles that face us?

What benefits do you see will result from having a faith fully fit?

What benefits do you see will result for our family of believers here at Our Savior from having members whose faith is fully fit?

Making it a Habit—Part 2: the WHAT to do and the HOW to do it

Based on what we have looked at so far, a fit faith is one that:

- **Has a solid, consistent diet of _____...**
 1. Through...
 2. Through...
 3. Through...

A Fit faith is one that:

- **Is regularly** _____...
 1. Through daily prayer
 2. Through a God-pleasing life
 3. Interacting with fellow believers
 4. Through serving the Lord with my time, my talents and abilities, and my finances
 5. Through sharing my faith

Work through one of the copies of the “Reflecting on my Spiritual Health.” Where are you at on the “Faith Fully Fit” Plan?

Look at your “SPIRITUAL FITNESS PLAN.” The baseline, the foundation to start at is...

What obstacles do you see that the devil, your sinful nature will throw in your way to get you to be spiritual unhealthy?

How are you going to handle these temptations and obstacles?

What are some resources you might use to improve your spiritual health on the step you are on?

- Faith Fully Fit Blog
 - Website: <http://faithfullyfit.wordpress.com/> -or- access it through our website
 - The daily evotion, Bible reading, and prayer as well as some commentary thoughts on that days readings. A place to discuss the Daily Light Readings as well as ask questions.
- Daily Evotion / Evotion podcasts
 - Daily devotions emailed to you inbox on that days “Daily Light Bible” reading. Also available as a audio devotion podcasted through our website.
- Accountability Groups / People
 - Is this something you are interested in? Maybe meet every 2-3 weeks at a member’s house to discuss readings, apply to our lives, etc. Led by a lay leader.
- Training Sessions
 - Just like if you go to a gym, you are trained on how to use the exercise equipment, once a month we will have a training session to teach or refresh you on a particular aspect of the Faith Fully Fit plan.