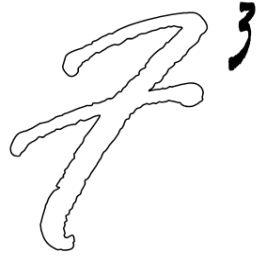


FAITH FULLY FIT

My Spiritual Fitness Plan



A fit faith is one that:

- **Has a solid, consistent diet of God's Word...**

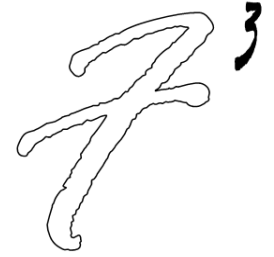
- Where I am at right now:
- To improve my spiritual diet, I am going to...

- **Is regularly exercised...**

- To improve my spiritual exercise, I am going to...
- To get the needed encouragement so that I stick with my spiritual fitness plan I am going to...
- To help with my spiritual fitness, I am going to use these resources...

FAITH FULLY FIT

Spiritual Fitness Goals



A fit faith is one that:

- **Has a solid, consistent diet of God's Word...**

1. Through worship
2. Through group Bible study
3. Through personal Bible study

- **Is regularly exercised...**

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