

# SPIRITUAL FITNESS

1Cor 9:24-27

## INTRODUCTION:

- A. When talking about this subject, someone will invariably ask, why should we work so hard trying to keep ourselves spiritually fit (in subjection to God's will)?
- B. The same question could be ask about the physical body and the answer would be basically the same
- C. We must keep ourselves fit in order to continue to have life, both physically and spiritually
  - 1. We have a soul, given by God (Gen 2:7) that will be Somewhere eternally Matt 25:32-46
  - 2. Before we enter eternity we will be judged Heb 9:27; Matt 12:36,37
  - 3. Our soul is worth more than all the world, even more than physical life itself Matt 16:26; Lk 14:26
- D. **(Title)**For our lesson today, let's consider some things that will help us to keep ourselves spiritually fit, by keeping our fleshly bodies in subjection to God.

## DISCUSSION:

### I. DEVELOP MORE FAITH IN GOD

- A. Unbelief can destroy the soul Heb 3:12
- B. It is possible to have faith but not enough
  - 1. Disciples unbelief Matt 17:19,20
  - 2. Peter's faith failed him Matt 14:31
- C. The just live by faith Rom 1:17
- D. The apostles asked for their faith to be increased Lk 17:5
  - 1. A person will never get to the point where he has enough faith
  - 2. More will always be needed, because trials will always be before us and will get more difficult

### II. TO DEVELOP MORE FAITH - THERE MUST BE MORE BIBLE STUDY

- A. The Bible is God talking to us and is all we need 2Tim 3:16,17
  - 1. We feed first on the milk of God's word 1Pet 2:1-3
  - 2. As we become stronger feed on meat Heb 5:12-14
- B. The indication is that the early Christians listened to the apostles daily Acts 2:46
- C. In our diligent efforts to be approved we must handle aright the word of God 2Tim 2:15
- D. A lack of knowledge destroys Hos 4:6
  - 1. This is not simple awareness of God
  - 2. This refers to an intimate relationship with God

### III. WITH STUDY WE MUST PRAY TO GOD FOR HIS HELP

- A. Let God talk to us then we must talk to him
  - 1. Pray without ceasing 1Thess 5:17
  - 2. Pray according to his will 1Jhn 5:14
  - 3. Pray with understanding 1Cor 14:15
  - 4. God does not hear sinners Jhn 9:31
- B. What should prayer contain
  - 1. Thanksgiving Eph 5:20 (be specific, especially our private prayers at home)
  - 2. Confession of sins 1Jhn 1:9
  - 3. Request or petitions for ourselves and/or others Phil 1:4; 4:6

### IV. NOW WE MUST BE MINDFUL OF OUR EXAMPLE BEFORE OTHERS

- A. Everyone is some kind of example
  - 1. Be thou an example 1Tim 4:12
    - a. Word: what we say
    - b. Conversation: way of life
    - c. Charity: love (care & concern for God & others)
    - d. Spirit: our separateness from the world
    - e. Faith: our trust in God
    - f. Purity: chaste living
  - 2. We must glorify God with our lives Matt 5:16
- B. We can learn much from the examples in the Bible Rom 15:4 as well as the lives of those round about us
  - 1. From some we learn what we must do
  - 2. From others we learn what we must not do

### V. THEN WE MUST LIVE EACH DAY AS IF IT WERE OUR LAST

- A. Today may indeed be our last day on this earth
- B. Today we are one day closer to eternity than we were yesterday
- C. Life, at its best, is very brief Jas 4:13,14
  - 1. Life is but a few days Job 14:1
  - 2. We must make each day count for the Lord

## CONCLUSION:

- A. If we should live to be a thousand years old, then when that time was up we would still have to face eternity (Methuselah lived to be 969)
- B. This ought to make us conscious of the importance of keeping our lives in subjection to God's will
- C. Only through conscious dedicated effort can we remain spiritually fit and thereby have a hope of eternal life with God in heaven.