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## THE CHALLENGE

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KINGDOM FIT  
7/15/18

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### FURTHER RESOURCES:

*How healthy are you?:*

<https://www.rightnowmedia.org/Content/Series/143>

*Faithful Workouts:*

<https://www.faithfulworkouts.com/>

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## TAKE-AWAYS

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- **To journey toward kingdom fitness, it's necessary to make a fair and honest appraisal of your current situation. Answer these questions honestly.**
  1. *How do you feel about your body?*
  2. *What is your attitude towards healthy living?*
  3. *Do you honestly view your body as God's and your primary responsibility is to manage it well?*
  4. *Are you willing to discipline yourself to become kingdom fit?*

*If you find it hard to respond positively to any of the above questions it's time to start applying some simple practices to change for the better.*

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## ACTION STEPS:

*Begin taking better care of your body. If you haven't had a physical exam recently call your doctor and schedule one.*

*If you aren't already exercising, begin a moderate routine. Check with your doctor if you are unsure. Play it safe. Start walking instead of running. Use your body weight as resistance and not free weights or machines. Do things like sit ups, squats, and push ups. Remember to start slow at first. Here is a great free website that will instruct and motivate you toward becoming kingdom fit.*

*A note from Pastor Ken: "Pray for strength to stay disciplined. I would rather you pray for strength today than to have to pray for healing later."*