



Ephesians 6:10 (ESV)

“Be strong in the Lord and in the strength of his might.”

**Get Fit – Stay Fit: With Our Faith
1 Timothy 4:7-8**

1 Timothy 4:7-8 (NIV)

“...train yourself to be Godly. For physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance.”

1 Timothy 4:7-8 (The Living Bible)

“Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.”

I. The Encouragement for a Strong Faith

Verse 7 – “...train yourself to be Godly.”

- God Desires it

Ephesians 4:14-15 (ESV)

“...speaking the truth in love, we are to grow up in every way into him who is the head, into Christ.”

1 Peter 2:2 (NKJV)

“As newborn babes, desire the pure milk of the word, that you may grow.”

2 Corinthians 10:15 (NIV)

“Our hope is that, . . . your faith continues to grow.”

- God Blesses it

Verse 8 – “...godliness has value for all things, holding promise for both the present life and the life to come.”

- God Provides it

2 Peter 1:3 (NIV)

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

II. The Environment for a Strong Faith

2 Peter 1:5 (NIV)

“Make every effort to add to your faith....”

- Our Appetites

Colossians 3:1-2 (ESV)

“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”

Psalms 119:103, 127 (NIV)

“How sweet are your words to my taste, sweeter than honey to my mouth! I love your commands more than gold, more than pure gold.”

Proverbs 8:13 (NIV)

“To fear the LORD is to hate pride, arrogance, evil behavior and perverse speech.”

- Our Attitudes

Galatians 5:22-23 (NIV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

- Our Aspirations

2 Corinthians 5:9 (NIV)

“We make it our goal to please Him.”

- Our Acquaintances

Proverbs 13:20 (ESV)

“Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.”

Proverbs 18:1 (HCSB)

“One who isolates himself pursues selfish desires; he rebels against all sound judgment.”