

A SPIRITUAL GROWTH EXERCISE CLASS

"Spend your time and energy in training yourself for spiritual fitness." 1Timothy 4:7 (TLB)

"All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally." 1 Corinthians 9:25 (MSG)

Our Exercise Plans:

- Trying to grow by your own effort
"Have you lost your senses? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?" Galatians 3:3 (NLT)
- Trying to grow by keeping rules
"Your hearts should be strengthened by God's grace, not by obeying rules..." Hebrews 13:9 (NCV)
- Trying to grow by feeling bad
"Who then will condemn us? Will Christ? No! For he is the one who died for us and came back to life again for us..." Romans 8:34 (TLB)

God's Exercise Plan:

*"You were taught, with regard to your former way of life, to **put off your old self**, which is being corrupted by its deceitful desires; to **be made new in the attitude of your minds**; and to **put on the new self**, created to be like God in true righteousness and holiness." Eph. 4:22-24 (NIV)*

1. PUT OFF THE OLD

"Then Jesus gave them this illustration: 'No one tears a piece of cloth from a new garment and uses it to patch an old garment. For then the new garment would be torn, and the patch wouldn't even match the old garment.'" Luke 5:36 (NLT)

2. PUT ON THE NEW

*"Therefore, if anyone is in Christ, he is a **new creation**; the old has gone, the new has come!" 2 Corinthians 5:17 (NIV)*

*"Your old sinful self has died, and your new life is **kept with Christ in God**." Colossians 3:3 (NCV)*

3. BE RENEWED IN YOUR MIND

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." Rom. 12:2 (NLT)

"So put away all falsehood and 'tell your neighbor the truth' because we belong to each other." Eph. 4:25 (NLT)

"If you are a thief, stop stealing. Begin using your hands for honest work, and then give generously to others in need." Eph. 4:28 (NLT)

"Get rid of all bitterness, rage, anger, harsh words, and slander... Instead, be kind to each other... forgiving one another, just as God through Christ has forgiven you." Eph 4:31-32 (NLT)

"The Spirit produces the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." Gal. 5:22-23 (NCV)

Put off:

Put on:

Be renewed:

Where do I get started? **TRUST**

“He who began a good work in you will carry it on to completion until the day of Christ Jesus.” Phil. 1:6 (NIV)