

First Baptist Church – Odessa

Pastor Byron McWilliams

Date: _____

“Spiritual Fitness”

“Summertime Fitness – Goals & Gains” – Pt. 1

1 Timothy 4:6-8 & Selected

“Train yourself for godliness.” 1 Timothy 4:7

Spiritual Fitness...

I. Is one of God’s primary methods for _____ His children!

“For those whom He foreknew He also predestined to be conformed to the image of His Son, in order that He might be the firstborn among many brothers.” Romans 8:29

God Develops His Children...

1. Through life _____.

“And we know that for those who love God all things work together for good, for those who are called according to His purpose.”

Romans 8:28

2. Through _____ we encounter.

“Iron sharpens iron, and one man sharpens another.” Proverbs 27:17

3. Through the _____ we practice.

“Train yourself for godliness.” 1 Timothy 4:7

“Strive for peace with everyone, and for the holiness without which no one will see the Lord.” Hebrews 12:14

II. Does not come _____!

“All we like sheep have gone astray; we have turned – every one – to his own way; and the LORD has laid on Him the iniquity of us all.” Isaiah 53:6

"None is righteous, no, not one; no one understands; no one seeks for God." Romans 3:10-11

III. Will not produce spiritual _____ instantly!

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Hebrews 12:11 NIV

IV. Should be practiced by _____ Christians guided by the Holy Spirit!

"In Him you also, when you heard the word of truth, the gospel of your salvation, and believed in Him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of His glory." Ephesians 1:13-14

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." Galatians 5:22-23

*"God gave us a spirit not of fear but of power and love and self-control."
2 Timothy 1:7*

V. Is beneficial to all Christians regardless of _____!

*"But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil."
Hebrews 5:14*

VI. Requires I not just think spiritual thoughts, but I _____ spiritual things!

"Discipline yourself for purpose of godliness." 1 Timothy 4:7 NASB

VII. Must be anchored to the _____.

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." 2 Timothy 3:16-17