

1 Timothy 4:1-8
SPIRITUAL FITNESS
Scriptures that Changed My Life #9
August 14, 2016

1. Spiritual immaturity and a lack of soul-conditioning will eventually catch up with us (1 Timothy 1:18-20; and 4:1-5).

2. Spiritual fitness energizes our walk with God now and forever (1 Timothy 4:8).

a. God=s presence

b. God=s perspective

c. God=s power

d. God=s purpose

3. Commit to taking specific steps to become more godly and spiritually fit (1 Timothy 4:7).

4. Application: Spiritual vitality and growth are not automatic. They are the fruit of intentional commitment and spiritual disciplines.