

# Spiritual Fitness 2024





1 Timothy 4:8

*“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”*



## 1 Corinthians 3:18

*“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.”*



# Creating a Balanced Spiritual Diet

Matthew 22:37-40 (The Greatest Commandment)

Matthew 28:18-20 (The Great Commission)

• We Need to Connect Up to God

• We Need to Connect In as Family

• We Need to Connect Out on Mission



A Vitamin-Up Deficiency (Deuteronomy 6:4-6)

A Vitamin-In Deficiency (John 17:21)

A Vitamin-Out Deficiency (Romans 10:13-15)



# Creating a Balanced Sustainable Diet

Specific

Measurable

Achievable

Relevant

Time-Bound



# Creating a Spiritual Meal Plan

What are you already doing?

Where are you deficient? (Up? In? Out?)

What can you do to address those areas  
of deficiencies?

Make sure your being SMART