

**Fully Devoted:  
"Spiritual Cardio-Fitness"**

Being a fully devoted disciple of Christ means having a measurable change of heart. Luke 18:9-14 gives us several warning indicators of an unhealthy spiritual heart:

**I. Unhealthy Heart Indicator One:  
\_\_\_\_\_ in your own ability to please God.**

*A Changed, Healthy Heart means...*

\_\_\_\_\_ *is nowhere to be found in you.*

**II. Unhealthy Heart Indicator Two:  
\_\_\_\_\_ of other people's lack of "holiness."**

*A Changed, Healthy Heart means...*

A \_\_\_\_\_ *attitude of putting others down is  
nowhere to be found in you.*

**III. Unhealthy Heart Indicator Three:  
Spiritual behaviors appear healthy, while hidden  
sin has \_\_\_\_\_ the heart.**

*A Changed, Healthy Heart means...*

*A willingness to let God perform regular, \_\_\_\_\_ heart-scans  
is very evident and found in you.*