

SERMON GUIDE
THREE LIFE CHANGLING HABITS OF THE SPIRITUALLY FIT

"Take the time and the trouble to keep yourself spiritually fit."
 1 Timothy 4:7 (Ph)

"(Spiritual exercises) will help you not only in this life, but in the next life too." (LB)

THREE LIFE-CHANGING HABITS

I. GET _____ EVERYDAY

"Quiet Time" - for Bible reading and prayer.

THE REASON: _____

"Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me..." Psalm 23:4 (LB)

THE ROUTINE: _____

"Jesus often withdrew to lonely places and prayed." Luke 5:16

THE RESULT: _____

(Jesus) "If you remain in me and my words remain in you, then you may ask for anything you wish, and you shall have it!" John 15:7 (GN)

II. GIVE _____ EVERY WEEK

"Tithing" - giving the first 10% of my income back to God.

THE REASON: _____

"Where your treasure is, there you heart is also." Matthew 6:21

"The purpose of tithing is to teach you to always put God first in your life." Deuteronomy 14:23 (LB)

THE ROUTINE: _____

"On the first day of every week set aside some of what you have earned and give it as an offering. The amount depends on how much the Lord has helped you earn." 1 Corinthians 16:2 (LB)

THE RESULT: _____

"Bring your whole tithe into my storehouse. Test me in this, says the Lord, and see if I won't throw open the floodgates of heaven and pour out so much blessing that you won't have enough room for it!" Malachi 3:10; Haggai 1:2-11



III. GET _____ REGULARLY.

"Fellowship" - with others in a small group.

THE REASON: _____

"Let us not give up the habit of meeting together...instead, let us encourage each other..." Hebrews 10:25 (GN)

THE ROUTINE: _____

"(They met) day after day, in the Temple courts and from house to house." Acts 5:42

THE RESULT: _____

"Two are better off than one, because together they are more effective. If one falls down, the other can help him up." Ephesians 4:9-10 (GN)

A GROWTH COVENANT

"...We are making a binding agreement, putting it in writing, and our spiritual leaders are affixing their seals to it." Nehemiah 9:39

My 2021 GROWTH COVENANT

I commit to...

- a DAILY TIME with God: Personal Bible reading and prayer
- a WEEKLY TITHE to God
- a COMMITTED TEAM for God

Signature

(Reverse side)

It takes time and trouble to keep yourself spiritually fit. Bodily fitness is of limited value but spiritual fitness is of unlimited value for it holds promise for this present life and for the life to come. 1 Timothy 4:7 (ph)

Address: _____ City _____
State _____ Zip _____