

Welcome!

THANK YOU FOR JOINING US THIS MORNING!

Here at CrossRoads, we exist to accomplish our mission of loving God and loving others by learning the Bible and living the Bible. It is our hope that through our services and ministries you are given the tools to build a better relationship with Christ and others.

# GET FIT SPIRITUALLY

1 TIMOTHY 4

- Spiritual fitness is something that requires a plan and a desire to \_\_\_\_\_ your faith in Jesus.
- How can you become spiritually fit?

1. Establish a good \_\_\_\_\_ and exercise.

2. Train to become a \_\_\_\_\_.

- Spiritual trainers are to be examples in these 6 areas:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

3. Stick to the \_\_\_\_\_.

“A double-minded man is unstable in all his ways.” **James 1:8**

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Spiritual fitness will take a plan and desire to stick to it \_\_\_\_\_!

# TAKE HOME DISCUSSION

**What was your main takeaway from today's message? How does this takeaway impact the way you live your life each day?**

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**What is your plan for establishing a healthy spiritual diet? Are you and your family doing daily devotions together? If not, decide on a time to make this a part of your daily routine.**

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**Are you training your kids to be an example in the 6 areas mentioned in verse 12? How can you help your kids do this?**

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