

Compassionate Outreach Ministries Health Team Health Tip

SPIRITUAL FITNESS



The spring season is upon us and many are working to attain physical fitness. We must also put forth the effort to achieve spiritual fitness. Unlike bodily exercise, the benefits of spiritual fitness last into eternity. Take heed to the following spiritual exercises.

Sit-ups Sit up under the teaching of the Word of God every week. In Acts 20:7 we read that the disciples came together on the first day of the week to break bread and hear the teachings of the Apostle Paul.

100-yard dash Be ready to run to the aid of a hurting soul and demonstrate God's love. We were not created to live and function alone. We need one another. Ecc. 4:9 says that "Two are better than one ... for if they fall, one will lift up his companion."

Push-ups Lifting up a person in need builds your spiritual muscles. The Father of mercies "comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God" (2 Cor. 1:4). Christians who have been encouraged by God should be the world's best encouragers.

Deep knee-bends If you want the Lord's blessing on your life, pray. Paul urges us to "continue earnestly in prayer, being vigilant in it" (Col. 4:2). It takes effort and commitment to confess your sins before God, and to pray for guidance for yourself and others.

Lunges Lunge into Christian service. When God shows you a need that you can fill, get involved and see the Holy Spirit work through you. "The manifestation of the Spirit is given to each one for the profit of all" (1 Cor. 12:7).

Stretching Stretch out in faith. Faith is a life-changing truth. Stretch beyond your comfort zone in obedience to God and things will begin to take shape.

Walking Walk in the Word daily. "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4). Reading the Bible is like exercise. Some days you don't feel like doing it, but you know it's good for you. Discipline yourself for godliness by making it a habit to read the Bible every day.

Being consistent in practicing these moves of an active faith is key because a "stop-start" exercise regimen rarely produces lasting results. If you want to make a new start in your spiritual fitness routine, consult your physician — the Great Physician, Jesus Christ. Ask God to help you practice daily spiritual disciplines that will increase your faith.

(Submitted by the C.O.M. Health Team, Adapted From Lifeway Christian Resources)