

Dr. Larry J. Dennison
Compassionate Outreach Ministries
From The Pastor's Pen

Shape Up For The New Year



As Americans, we constantly hear messages about being in better physical shape. But as Christians, we must be more concerned about being in better spiritual shape. For spiritual fitness:

Lose Weight. *Sin and worry are weights that hinder our prayers, take away our joy and block our anointing. Give up everything in your life that is not pleasing to God. Heb 12:1 says "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us..."*

Begin An Exercise Regimen. *Spiritual exercise is much more important than physical exercise. The race track of the Christian life is filled with casualties and obstacles, so you must run as if it is a marathon, not a sprint. Run for Jesus and be not be weary of well-doing. Heb 12:1 states "...and let us run with patience the race that is set before us."*

Maintain A Proper Diet. *Christians must always be mindful of spiritual intake. After all, you are what you eat. Eat what is good. The Word of God is sweeter than honey and it makes us joyful, increases our faith and provides us with energy. Jer. 15:16 says "Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts."*

Get An Examination. *Ask God to shine the light of heaven on you to search you and to remove all things that are not like Him. We should desire an MRI. M is for Motive. We need to*

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desire pure motives. R is for righteousness. We need to desire the righteousness of God. Matt 5:6 states "Blessed are they which do hunger and thirst after righteousness: for they shall be filled." I is for I. I need to see me as God sees me. I need to be concerned about my own relationship with God. I need to avoid finding fault with and judging others. I need God to show me myself.

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