

Soul Revolution: Developing a Spiritual Workout

What stops people from changing their life – even when they know they wish to turn their life around and change for the better?

1 Timothy 4:7-9 (NLT) Train yourself to be godly. ⁸ “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” ⁹ This is a trustworthy saying, and everyone should accept it.

Message version Exercise daily in God—no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart.

Physical training is _____

23½ Hours – Dr Mike Evans

But spiritual training is _____

John 15:5 (NIRV) I am the vine. You are the branches. If you remain joined to me, and I to you, you will bear a lot of fruit. You can't do anything without me.

What spiritual training is all about is how to stay _____

Galatians 5:22-23 (NIRV) But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful ²³ and gentle and having control of oneself.

One of the great rewards of spiritual training is _____

John 8:31-32 (NCV) So Jesus said to the Jews who believed in him, “If you continue to obey my teaching, you are truly my followers. ³² Then you will know the truth, and the truth will make you free.

Galatians 5:13-14 (NLT) For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love.

So how in practice do we do this?

1. Develop a regular _____

- Meeting _____ **Hebrews 10:24-25**

- Daily _____ **Matthew 4:4 (NLT)**
- Daily _____ **Daniel 6:10**
- Prayer through _____ **1 Thessalonians 5:17 (NIV)**
- Weekly and daily _____ **Psalms 47:6 (NLT)**
- Memorizing _____ **Psalms 37:31 (NIV)**
- Regularly celebrating the _____ **Luke 22:19 (NIV)**
- Listening to or reading _____ **Joshua 1:8 (NIV)**
- _____ **Philippians 4:9 (NIV)**

2. Develop specific spiritual _____

Romans 12:2 (NLT) Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.

3. Keep to a healthy _____

Philippians 4:8 (NIV) Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

4. Get some _____

1 Thessalonians 5:11 (NLT) So encourage each other and build each other up, just as you are already doing.

Conclusion

Grace is opposed to earning, not to _____ Dallas Willard.

What is your spiritual training programme _____

Additional Notes: