

## SPIRITUAL FITNESS IS ESSENTIAL

2/2/14

*As humans we all need a level of fitness and expertise to survive life's demands. Those who participate at an elite level, do so to excel in their field. In simple terms, if you want to win the prize, then you have to make the effort to be fit enough to be viable. The Olympic games are a perfect example of such a challenge. The marathon tends to encapsulate the best of the efforts that an elite athlete can make... it is the ultimate medal to win. Like the marathon, we are also preparing ourselves for the greatest event in the history of the human race... the return of Jesus Christ. A level of spiritual fitness and expertise is crucial.*

**The Holy Spirit enables and empowers us to start building a sustainable life.** *Spiritual life needs a beginning... JOH 3:7* Marvel not that I said unto thee, **Ye must be born again.** *Also... JOH 6:63* It is the spirit that quickeneth; the flesh profiteth nothing (every natural expertise will fail in the long run): the words that I speak unto you, *they are spirit, and they are life.* *Jesus is addressing the spiritual side of our life.*

**Physical life is temporary and unpredictable.** **JAM 4:14** Whereas ye know not what *shall be* on the morrow. For what *is* your life? It is even a **vapour**, that appeareth for a little time, and then vanisheth away. *Even the planet is running on borrowed time.* **1JOH 2:17** And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever. *This is a very good reason to seek to be spiritually alive and fit... a matter of life or death.*

**We are born again when the Holy Spirit enters our body... this is a direct result of repentance, water and spirit baptism.** **ACT 10:45** And they of the circumcision which believed were astonished, as many as came with Peter (this was a stunning turn around), because that on the Gentiles also was poured out the gift of the Holy Ghost. **46** For they heard them speak with tongues, and magnify God. *True believers receive God given signs. You are now a different person... you are an elite spiritual being: more elite than any athlete... ever!!*

**Your status as a spiritual athlete is highlighted as a measure for your understanding.** **1PET 2:9** But ye *are* a **chosen** generation (hand picked), a **royal** priesthood (a powerful expert), an **holy** nation (part of a larger group), a **peculiar** people (completely unique); that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light: *This is what God has made us through the anointing of the spirit. We are spiritual athletes with the ability to bring life into the darkness of human ignorance.*

**We are even offered a very simple exercise program.** **1TIM 4:6** If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained. **7** But refuse profane and old wives' fables, and exercise thyself *rather* unto godliness. **8** For **bodily exercise** profiteth little: but (exercising) **godliness** is profitable unto all things, having promise of the life that now is, and of that which is to come. *Without regular training, we simply won't be able to keep going. It is no good waiting till the starters gun goes off, to start training... fitness is required before the pressure begins. Doing the will of the Lord... is our training. Simple things like prayer, fellowship reading, witnessing, assisting others, minimising conflict are all part of our preparation and strength.*

**Like a marathon, the worst pain can come at the end... the need to dig deep can be vital.** **ROM 13:11** And that, knowing the time, that now *it is* high time to awake out of sleep: for now *is* our salvation nearer than when we believed. **12** The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. *This appeal is to step out and be empowered by using the gifts of the spirit, that have been freely given to us. God has provided a power that meets every need, every fear, every circumstance... there is nothing that isn't covered by the power of the spirit.*

**We are included in a great historic list with those who have gone before us.** **HEB 12:1** Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us **lay aside every weight** (this takes training), and the sin which doth so easily beset us, and let us run with **patience** (continuance and diligence) **the race that is set before us**, *God compares us with the great performers of the past and encourages us to keep active in spiritual expertise and exercise... the prize isn't to the first one over the line, but rather goes to those who are still running when the finishing bell rings.*

*The power and expertise of the best spiritual coach in the universe is yours for the asking... be bold and communicate continually. Remember, we are all running the same race... let's run together where the best results can be brought to God's advantage. Spiritual fitness is not an option... it is essential.*