

GET SPIRITUALLY FIT
We Fit: Part 1 of 5
January 3, 2009 || David Crosby
pastordave@poconocc.com

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:24-27 – ESV

“Give and it will be given to you ...” Luke 6:38

1. GIVE GOD _____.
**Daily time with God in prayer and bible study*

“And Abraham went early in the morning to the place where he had stood before the Lord.” Genesis 19:27

“Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul.” Psalm 143:8

“Your word is a lamp to my feet and a light to my path.” Psalm 119:105

The e100 Challenge

2. GIVE GOD _____.
**Consistent church attendance*

“The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the Lord; they flourish in the courts of our God.” Psalm 92:12-13

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and ball the more as you see cthe Day drawing near.”

Hebrews 10:24-25

3. GIVE GOD _____.
**Sharing my faith with other people.*

“One of the two who heard John speak and followed Jesus was Andrew, Simon Peter’s brother. He first found his own brother Simon and said to him, “We have found the Messiah” (which means Christ). He brought him to Jesus.” John 1:40-42a

“Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.” Colossians 4:5-6

4. GIVE GOD _____.
**Serving God’s people.*

“Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.” 1 Corinthians 15:58

“For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. Whoever thus serves Christ is acceptable to God and approved by men. So then let us pursue what makes for peace and for mutual upbuilding.” Romans 14:17-19

Memory Verse

“Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” 1 Timothy 4:7-8

MY NEXT STEP TODAY IS TO:

- Memorize 1 Timothy 4:7-8
- Accept the e100 Challenge for 2010
- Serve God’s people @ PCC on:
 - 1/10 1/17 1/24 1/31
- Make a spiritual commitment in 2010 to _____
 (be baptized, join the church, join a community group, etc.)

Join us next Sunday as we continue our new teaching series,
 “We Fit” with Part 2 - “Get Physically Fit”



Follow us on twitter.com/dcrosby



Join us on Facebook Group: Pocono Community Church