

3. Strengthen your commitment through fellowship.

"Do not give up the habit of meeting together but let us encourage one another." - Hebrews 10:24-25

4. Expand your perspective through Bible study.

"If you continue in my word, then you're really my disciples and you will know the truth, and the truth will set you free." - John 8:31-32

5. Increase your joy through witnessing.

*"Always be prepared to give an answer to everyone who asks you to give the reason for the hope you have. But do it with gentleness and respect."
- I Peter 3:15*

6. Practice your love through giving.

*"See that you excel in the grace of giving to prove the sincerity of your love."
- II Corinthians 8:7-8*

"On the first day of every week, each of you should set aside a sum of money you have earned and give it as an offering." - I Corinthians 16:2

7. Develop your talents through service.

"Whatever you do, work at it with all your heart, as working for the Lord, not for men." - Colossians 3:23

"We all have different gifts according to the grace given us...use them in proportion to your faith." - Romans 12:6

8. Stretch your faith by risking.

"Everything is possible to him who believes." - Mark 9:23

*"According to your faith it will be done unto you."
- Matthew 9:29*



Redeeming Notes

Series: **Bringing Life Back Into Balance**

Title: **“Getting Spiritually Fit”**

I Timothy 4:7-8

Pastor Dave Glesne April 20, 2008

“Have nothing to do with irreverent, silly myths. 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.” - I Timothy 4:7-8

1. Renew your strength through worship.

“Those who wait on the Lord will renew their strength, they will soar on wings like eagles...” - Isaiah 40:31

2. Deepen your peace of mind through prayer.

“Don't worry about anything, but in everything, by prayer present your requests to God and the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus.” - Philippians 4:6-7