

How do you know if you are spiritually fit? This week, Pastor Andy talked about that in his sermon entitled "All Your Spirit," which is Part 2 of the five-part series "Essentials for Personal Growth." Maintaining proper spiritual fitness not only benefits you in this life, but in the next life as well. The Bible says, "Exercise yourself spiritually and practice being a better Christian, because that will help you not only now in this life, but in the next life too" 1 Timothy 4:8 (LB).

There are seven tools available to help you stay spiritually fit. First you should renew your strength through worship in order to improve your attitude of the heart. This is the time when God can visit you, and often people experience His presence through various senses such as sweet smells or hearing angels singing. You should also deepen your peace of mind through prayer, which is the avenue that can deepen you spiritually. The Bible says, "You do not have, because you do not ask God" James 4:2. Pastor Andy talked about how his college test taking skills increased dramatically when he decided to utilize the power of prayer.

Your body does well working out alone in the gym, but is not meant to walk the Christian life alone, which is why you must strengthen your community through fellowship. The Bible gives a warning when it says, "Do not give up the habit of meeting together, but let us encourage one another" Hebrews 10:24-25. Small groups are an excellent way to do that. In your quiet time, you must stay connected in the Word by expanding your perspective through Bible study, and when you talk to others, increase your joy through witnessing. You don't need to know a lot about theology to be able to tell people what God has done in your life.

A prescription medicine will list the "Active Ingredients" responsible for doing the beneficial work, and the act of giving is like the active ingredient in your faith. You should develop a habit of practicing your love through giving. The Bible says, ".See that you excel in the grace of giving to prove the sincerity of your love" 2 Corinthians 8:7-8. It is not the money that God needs, but it is your giving that He loves. Just like you need a systematic plan in the gym, you should have one in your Christian faith and should develop your talents through service. The Bible says, "Whatever you do, work at it with all your heart, as working for the Lord, not for men" Colossians 3:23.

The Sea of Galilee and the Dead Sea are located near each other but are drastically different. The Red Sea is teeming with life because it has an intake as well as an outtake, whereas the Dead Sea is void of life simply because there is only an intake. In order for you to stay spiritually fit, your spirit must maintain that type of regular and consistent flow. How are you doing in your spiritual fitness?