

Body Building God's Way
Spiritual Body Building Equipment

PERSONAL APPLICATION

Review the main lesson outline briefly

1. Which Spiritual Body Building piece of equipment is the easiest for you to use? Which is the hardest? Which ones do you not know how to use?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – 1 Timothy 4:7-8

Thought:

Tuesday – 1 Timothy 4:12-16

Thought:

Wednesday – Galatians 2:20

Thought:

Thursday – 1 Corinthians 6:18-20

Thought:

Friday – Philippians 1:20

Thought:

Saturday – Hebrews 5:14, 12:11

Sunday – “*Spiritual Exercise*”

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Spiritual Disciplines & Why They are Important



Spiritual Body Building
Equipment!

NOTES

Spiritual Body Building Equipment

1 Timothy 4:7-8

I. Spiritual Body Building

- A. The body is representative of our physical life.
- B. Training is necessary for Godliness (godlikeness)
- C. God through the Holy Spirit is our trainer.

II. Basic Spiritual Body Building Equipment

- A. The Bible – 2 Timothy 3:16; Hebrews 4:12
- B. Prayer–Matthew 26:41; Acts 2:42; Philippians 4:6-7
- C. The Church – Hebrews 10:24-25, Acts 2:42
- D. The People in our life – 2 Timothy 1:5
- E. Past Experiences – 2 Corinthians 1:4

III. Basic Principles of Spiritual Body building

- A. It takes work – 1 Timothy 4:9-10
- B. It takes a proper attitude – 1 Timothy 4:12
- C. It takes devotion – 1 Timothy 4:13-15
- D. It takes time to grow – 1 Timothy 4:15
- E. It takes perseverance – 1 Timothy 4:16