

# *FIT-ISH*

*SEMI-FIT; KINDA FIT; SOMEONE WHO  
LIKES THE IDEA OF BEING FIT BUT  
EQUALLY LIKES FOOD.*

A small silhouette of a person running on a large, curved wooden log that spans the width of the image. The log is positioned in the lower half of the frame, and the person is running towards the right side.

What area(s) of life do I want to grow in 2019?

What will I do Monday through Friday to be intentional about that growth?

**FITISH**

## 1 Timothy 4:7-8

*... 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.*

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## Malachi 1:8

When you offer blind animals in sacrifice, is that not evil? And when you offer those that are lame or sick, is that not evil? Present that to your governor; will he accept you or show you favor? says the LORD of hosts.



**FITISH**

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Deut. 15:21 "But if there is a defect in it, if it is lame or blind or has any serious defect, you shall not sacrifice it to the LORD your God.

**FITISH**

15 "I know your works, that you are neither cold nor hot. I could wish you were cold or hot.

16 "So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth.

**FITISH**

Revelation 3:15-20

17 "Because you say, 'I am rich, have become wealthy, and have need of nothing'-- and do not know that you are wretched, miserable, poor, blind, and naked--

18 "I counsel you to buy from Me gold refined in the fire, that you may be rich; and white garments, that you may be clothed, that the shame of your nakedness may not be revealed; and anoint your eyes with eye salve, that you may see.

**FITISH**

Revelation 3:15-20

19 "As many as I love, I rebuke and chasten.  
Therefore be zealous and repent.

20 "Behold, I stand at the door and knock. If  
anyone hears My voice and opens the door, I  
will come in to him and dine with him, and he  
with Me.

**FITISH**

Revelation 3:15-20



<sup>3</sup> as His divine power has given to us all things that pertain to life and **godliness**, . . .

<sup>5</sup> For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, <sup>6</sup> and knowledge with self-control, and self-control with steadfastness, and steadfastness with **godliness**, <sup>7</sup> and godliness with brotherly affection, and brotherly affection with love.

**FITISH**

2 Peter 1:3-9

<sup>8</sup> For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.

<sup>9</sup> For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins.

**FITISH**

2 Peter 1:3-9

# Training vs. Trying



**FITISH**

# Fit Bits: What are we training for?

- Knowing God; Loving God; Trusting God; Obeying God = Spiritual growth & godliness



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# Fit Bits: What are we training for?

- Knowing God; Loving God; Trusting God; Obeying God = Spiritual growth & godliness
- 1<sup>st</sup> Step: Submit, Surrender, & Resign.
- 2<sup>nd</sup> Step: Start small. Tiny actions add up.
- 3<sup>rd</sup> Step: Start now. Begin where you are.

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