

FTT



# *FIT-ISH*

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

*1 Timothy 4:7-9*

*7 Have nothing to do with irreverent,  
silly myths.*



**FITISH**

## 1 Timothy 4:7-9

*7 Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;*

A silhouette of a person running on a large, textured rock formation against a dark sky.

**FITISH**

## 1 Timothy 4:7-9

*<sup>7</sup> Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; <sup>8</sup> 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. <sup>9</sup> This saying is trustworthy and deserving of full acceptance.*

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## Hebrews 12:11

Now all discipline seems painful at the time, not joyful. But later it produces the fruit of peace and righteousness for those *trained* by it.



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There are at least 5 things that are common to people who are growing spiritually:

Private Disciplines:

Practical Teaching:

Providential Relationships:

Personal Ministry:

Pivotal Circumstances:

***FITISH***

# Fit Bits: (measuring your next steps)

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?

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