

# *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.

## 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.*

**FITISH**

## 1 Corinthians 9:25-27

<sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

<sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.

<sup>27</sup> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

**FITISH**

<sup>1</sup> Simeon Peter, a servant and apostle of Jesus Christ, To those who have obtained a faith of equal standing with ours by the righteousness of our God and Savior Jesus Christ:

<sup>2</sup> May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord.

**FITISH**

2 Peter 1:1-11

<sup>3</sup> His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence,

<sup>4</sup> by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.

**FITISH**

2 Peter 1:1-11

<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 1:1-11

<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 1:1-11

<sup>10</sup> Therefore, brothers, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall.

<sup>11</sup> For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ.

**FITISH**

2 Peter 1:1-11



<sup>2</sup> May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord.

... grow in the grace and knowledge of our Lord and Savior Jesus Christ.

(2 Pet. 3:18)

**FITISH**

2 Peter 1:1-11

<sup>3</sup> His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence,

<sup>4</sup> by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.

**FITISH**

2 Peter 1:1-11

## Ephesians 1:13-14

In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, <sup>14</sup> who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.

**FITISH**

2 Peter 1:1-11

## What are some other promises?

- Forgiveness of all our sins—past, present, and future
- Spiritual adoption by God the Father
- Spiritual strength by the Holy Spirit
- Comfort through suffering and hardship
- Provision of our needs
- Hope of heaven when we die
- Bodily resurrection when He returns
- Reigning with Him in His kingdom

**FITISH**

2 Peter 1:1-11

# Fit Bits: Growing Spiritually?

- Knowing God personally; spend time listening to Him communicate to you through the word, while you communicate back through prayer.
- Knowing and understanding God's promises is a key to your spiritual growth. You can't claim a promise you don't know exists!

**FITISH**