

SEMI-FIT; KINDA FIT; SOMEONE WHO LIKES THE IDEA OF BEING FIT BUT EQUALLY LIKES FOOD. <u>2 Peter 3:18</u> but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen.



¹ 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:

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



³ 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,

⁴ 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

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

FITISH

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Virtue: moral courage

Virtue/Excellence





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Knowledge Virtue/Excellence





⁵ For this very reason, make every effort to supplement your faith... \land

Preserve willpower Create new habits

Self-Control Knowledge Virtue/Excellence

Faith



⁵ For this very reason, make every effort to supplement your faith...

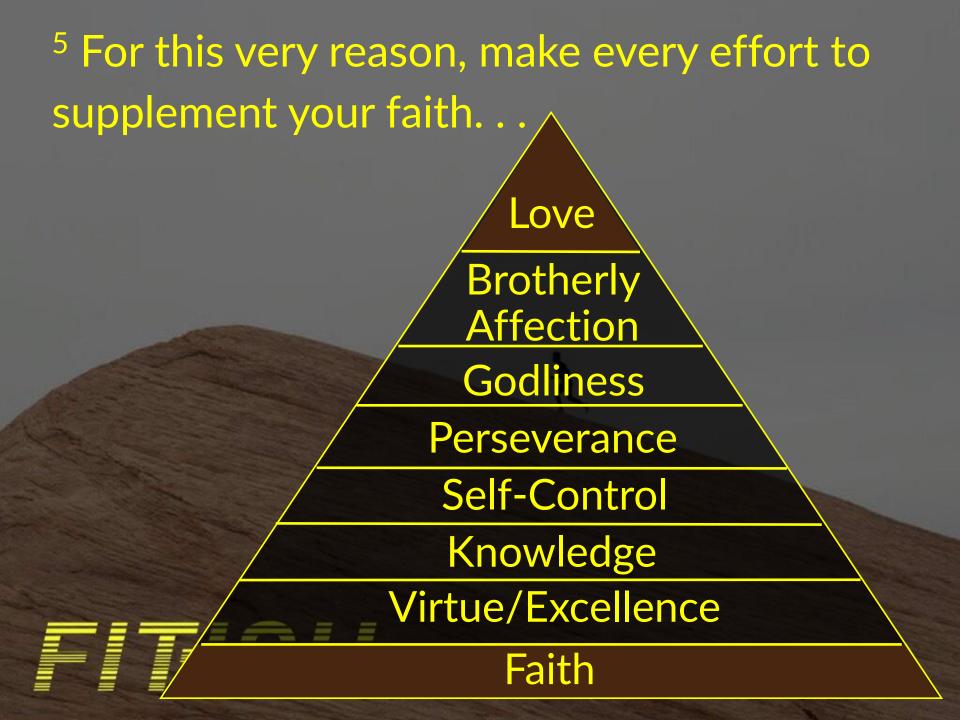
Perseverance Self-Control Knowledge Virtue/Excellence

Faith



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⁸ 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.

FITISH

Fit Bits: Of these seven virtues, where do you need to grow most?

- Moral courage
- Knowledge
- Self-control
- Perseverance
- Godliness
- Brotherly Love
- Love

FITISH