

The Relationship Between Physical Fitness and Spiritual Fitness September 7th & 8th, 2013

Spiritual conditioning is made up of five separate but related parts

- ❖ Prayer, fellowship, physical discipline, knowledge, faith
 - ↳ Physical conditioning is one of the parts of spiritual conditioning.
- ❖ God can do anything, however, most of the time God works within the parameters of His Laws of Creation.

Prayer: Philippians 4:6

- ❖ Pray specifically
 - ↳ We know that God knows everything, but praying specifically is important.
- ❖ Prayer is a major part of spiritual conditioning.

Fellowship: Acts 2:40-42

- ❖ The definition of the Greek word *koinonia* for fellowship is, “Unity brought about by the Holy Spirit.”
- ❖ A Christian shares an intimate bond of fellowship with the rest of the Christian society.
- ❖ Fellowship cements the believers to Jesus and to each other.

Physical: I Timothy 4:8; I Corinthians 6:19-20

- ❖ If we abuse or neglect our body, when we need it to heal from a sickness, a surgery or an accident, chances are that it may really struggle or not function well.
- ❖ Areas of abuse that are noted in the Bible are lack of conditioning, abuses of alcohol and food, sexual immorality, and even excess physical conditioning.
- ❖ There are extremes in the area of exercise.
 - ↳ Some people focus mainly on the spiritual side to the neglect of their physical bodies.
 - ↳ Some people focus mainly on the form and shape of their physical bodies to the extent that they neglect their spiritual growth.
- ❖ Paul gives guidance for a good balance in I Timothy 4:7-8.
 - ↳ Note that Paul does not negate the need to exercise, but gives some parameters on keeping things in balance.
 - ↳ Physical conditioning is important, but not to the detriment of our spiritual well being.
- ❖ I Corinthians 6:19 tells us that our bodies are the temple of the Holy Spirit and not our own.
- ❖ I Corinthians 3:16-17 tells us that God will destroy those that defile the Temple of God.

Knowledge: II Peter 3:17-18

- ❖ Our Spiritual conditioning depends on our knowledge of the Bible.
- ❖ We have to know what we believe and why we believe it.
 - ↳ Jesus used His knowledge of the scriptures to defeat the temptations of Satan. He didn't speak in generalities, He said, “It is written” and then proceeded to quote the scripture. *Matthew 4:4*
- ❖ Just as Paul spent a significant part of his ministry defending against false doctrine, we need to be able to discern false doctrine.
 - ↳ Deuteronomy 4 speaks about false Gods. *Deuteronomy 4:23-24,26-31*
 - ↳ Our own body can be a false God.

Faith: Hebrews 11:6

- ❖ Faith ties everything together.
- ❖ If we didn't have God and the belief and trust in Him, we would be relegated to trusting in false gods, those made by men's hands.

Physical conditioning is only one part our Spiritual conditioning.

- ❖ Without prayer, how would we communicate with God? Having fellow believers available to pray for you is so important not only during crisis but in everyday life.
- ❖ Without fellowship, we would be all alone. Having fellow believers available to minister and encourage is vital.
- ❖ Without knowledge, how would we discern right from wrong? To know what you believe and to know the scriptures that mold that belief is an integral part of the Christian life.
- ❖ Without faith in God, we would just be tossed about going whatever direction the wind sent us. *Ephesians 4:14*
Knowing and believing that God is with us is an absolute.

**Total Spiritual Conditioning is made up of these five parts:
prayer, fellowship, physical discipline, knowledge, and faith.**

*1 Timothy 4:8 "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."*