



# SPIRITUAL FITNESS



**How's Your Health?**



**How's Your Spiritual Health?**



# **SPIRITUAL FITNESS**

- 1. CORE TRAINING**
- 2. ARMS & LEGS**
- 3. ENDURANCE**





# **SPIRITUAL FITNESS**

**1. CORE TRAINING  
CHARACTER  
ATTITUDES  
KNOWLEDGE**

**2. ARMS & LEGS**

**3. ENDURANCE**

# **SPIRITUAL FITNESS**

**1. CORE TRAINING**

**2. ARMS & LEGS**

**PRAYER**

**FAMILIES**

**WORSHIP**

**WORK LIFE**

**OUTREACH**

**DAILY WALK**

**3. ENDURANCE**



# **SPIRITUAL FITNESS**

**1. CORE TRAINING**

**2. ARMS & LEGS**

**3. ENDURANCE**

**SABBATH**

**PRAYER**

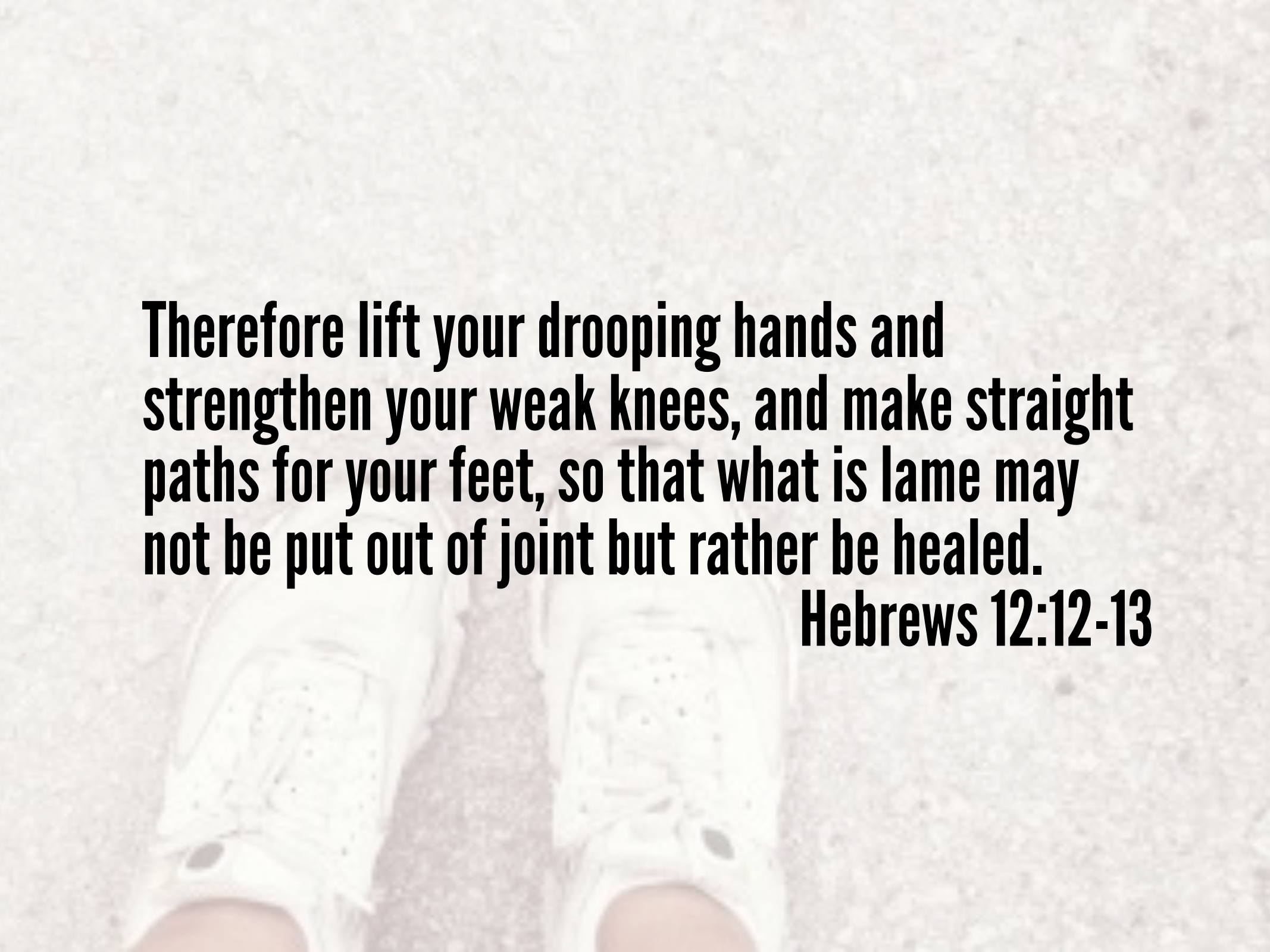
**DISCIPLINE**

**TEMPO**



**Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.**

**Hebrews 12:1**

A first-person perspective shot of someone walking on a paved path. The person is wearing white sneakers with white laces and white socks. The path is made of light-colored paving stones. The background is slightly blurred, showing more of the path and some greenery in the distance.

**Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.**

**Hebrews 12:12-13**