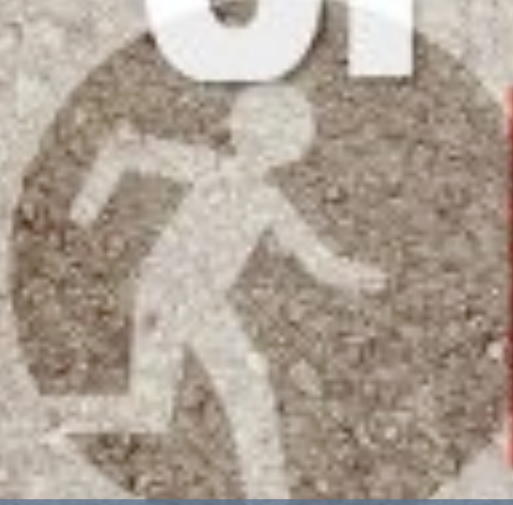


**SPIRITUAL**



**FITNESS**



**ATTITUDE**



**SPIRITUAL FITNESS**

**CHARACTER**

**ATTITUDE**

**KNOWLEDGE**



# CHARACTER

Character is transformed by three things. First, you have to aim at the right goal. Second, you have to figure out the steps you need to take to get to that goal. Third, those steps have to become habitual, a matter of second nature.

-Tom Wright

# ATTITUDE

**One hour in heaven, and we shall  
be ashamed that we ever grumbled.**

**-Vance Havner (evangelist)**



# ATTITUDE

**“The longer I love, the more I realize the impact of attitude on life... The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes.”**

**-Charles Swindoll (clergyman)**

# ATTITUDE

**What is your attitude like?**

**At home? With your family?**

**At work? With your boss?**

**At school? With your coursework?**

**At church? In your cell group?**

# ATTITUDE

**What is your attitude towards  
your spiritual health?**



DEVELOPING  
A BETTER **ATTITUDE**

# 1. LEARNING & GROWING



“Hear then the parable of the sower: When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what has been sown in his heart. This is what was sown along the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful. As for what was sown on good soil, this is the one who hears the word and understands it. He indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.”

Matthew 13:18-23

## **Ari Dyckovsky**

**Published a paper on Quantum Entanglement. In particular, a theoretical analysis of how two distant and very different particles can be entangled with light. 18 years old.**

## **Ari Dyckovsky**

**“School was very easy for me, even after I lost interest,” Dyckovsky says. “But my grandfather kept telling me to look at it in a different way. He told me that an ‘A’ meant nothing. I was dumbfounded. But he told me that wasn’t the best you could get – not even close. It took me a while. But eventually, I figured it out.”**

A top-down view of a person's feet wearing white sneakers with white laces, standing on a light-colored, textured carpet. The text is overlaid on the image.

**What is God  
teaching me now?**

**Am I still learning?  
Or have I just settled.**

DEVELOPING  
A BETTER **ATTITUDE**  
**2. KNOWING & DOING**

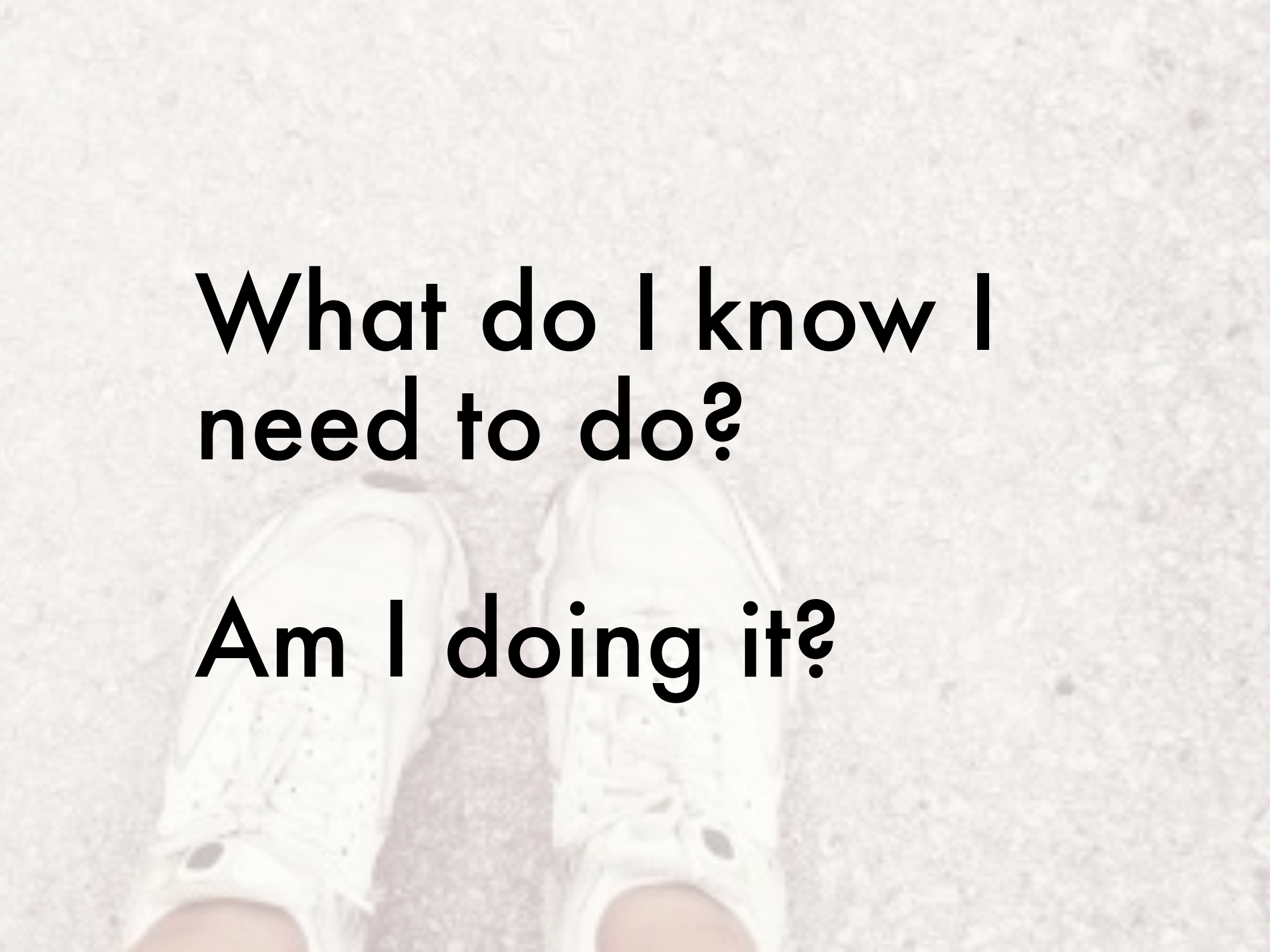


**“So why do you keep calling me ‘Lord, Lord!’ when you don’t do what I say? I will show you what it’s like when someone comes to me, listens to my teaching, and then follows it. It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built. But anyone who hears and doesn’t obey is like a person who builds a house without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins.”**

**Luke 6:46-49**

## **Maria Sharapova**

**"I could have said, 'I don't need this. I have money; I have fame; I have victories; I have Grand Slams.' But when your love for something is bigger than all those things, you continue to keep getting up in the morning when it's freezing outside, when you know that it can be the most difficult day, when nothing is working, when you feel like the belief sometimes isn't there from the outside world, and you seem so small."**

A pair of white sneakers with white laces is positioned on a light-colored, textured carpet. The shoes are centered in the lower half of the frame, with the toes pointing towards the bottom edge. The background is a uniform, light beige carpet.

**What do I know I  
need to do?**

**Am I doing it?**

DEVELOPING  
A BETTER **ATTITUDE**

# **3. HUMBLE & WILLING**

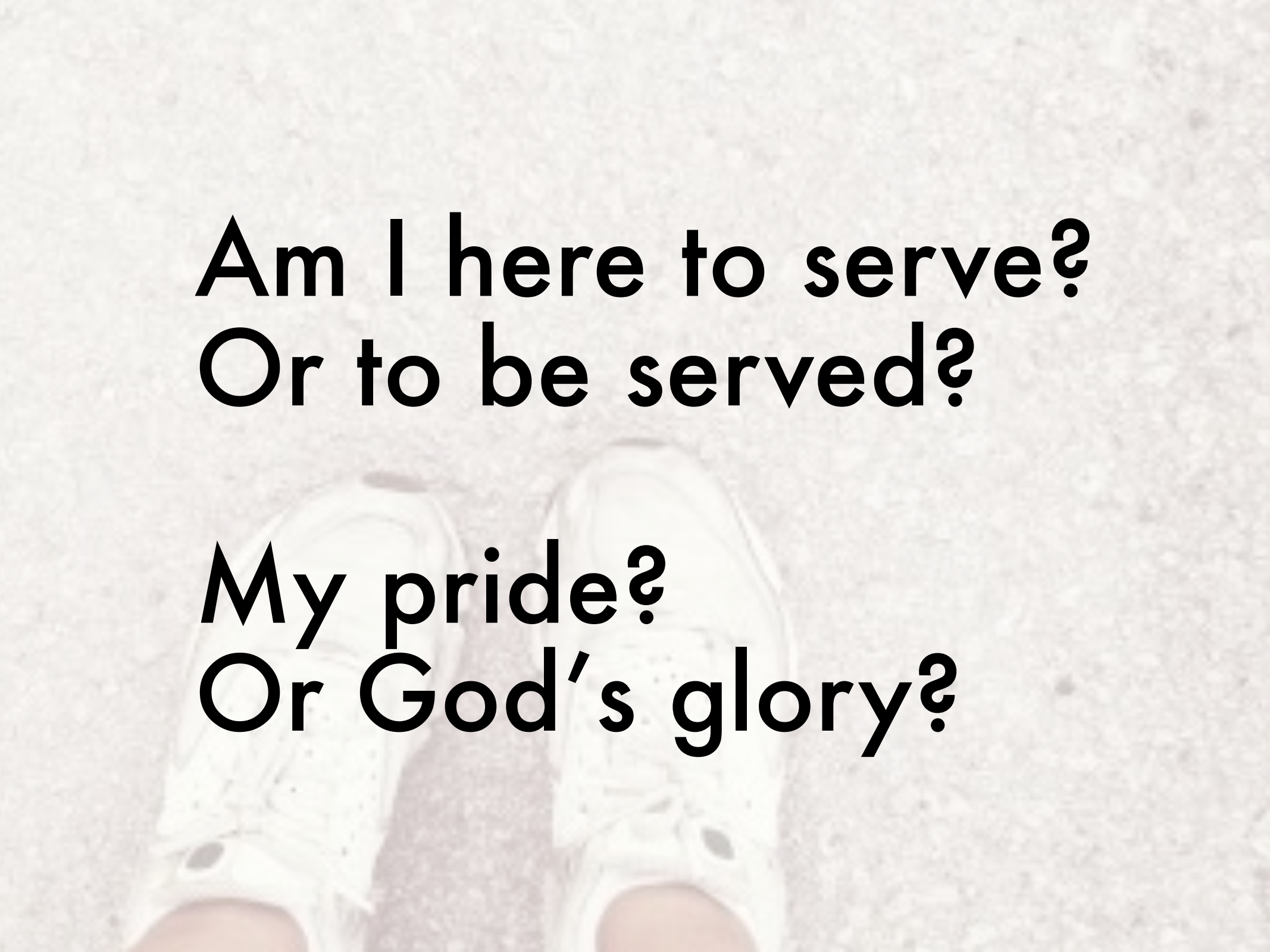


Have this mind among yourselves,  
which is yours in Christ Jesus, who,  
though he was in the form of God, did  
not count equality with God a thing to  
be grasped, but made himself nothing,  
taking the form of a servant, being  
born in the likeness of men. And being  
found in human form, he humbled  
himself by becoming obedient to the  
point of death, even death on a cross.

Philippians 2:5-8

**Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labour in vain.**

**Philippians 2:14-16**

A pair of white sneakers with white laces and white soles is positioned on a light-colored, textured carpet. The sneakers are centered in the lower half of the frame, with the toes pointing towards the bottom edge. The background is a plain, light-colored wall.

**Am I here to serve?  
Or to be served?**

**My pride?  
Or God's glory?**

# ATTITUDE

DAILY CHOICES  
CHANGING YOUR  
ATTITUDE AND  
SHAPING YOUR HEART.