

**SPIRITUAL**

**FITNESS**



**SPIRITUAL  
FITNESS**

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





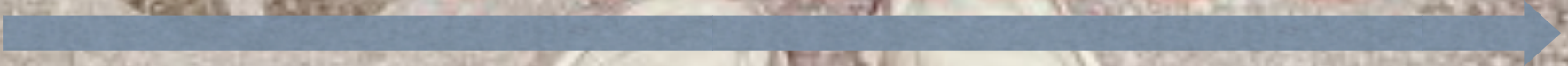
**SPIRITUAL  
FITNESS**

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

# SPIRITUAL



# FITNESS



# KNOWLEDGE







**Matthew  
4:4**



**1 Peter  
2:2**



**Psalms  
119:103**

For the word of God is **living and active**, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12



# HOW TO DEVELOP **KNOWLEDGE**

## **1. ACCEPT THE BIBLE'S AUTHORITY**



**All Scripture is breathed out by God  
and profitable for teaching, for  
reproof, for correction and for training  
in righteousness**

**2 Timothy 3:16**



# HOW TO DEVELOP **KNOWLEDGE**

**1. ACCEPT THE BIBLE'S AUTHORITY**

**2. ABSORB THE BIBLE'S TRUTH**





# HOW TO DEVELOP **KNOWLEDGE**

**1. ACCEPT THE BIBLE'S AUTHORITY**

**2. ABSORB THE BIBLE'S TRUTH**

**RECEIVE**

**READ**

**RESEARCH**

**REMEMBER**

**REFLECT**

Therefore put away all filthiness and rampant wickedness and **receive** with meekness the implanted word, which is able to save your souls.

James 1:21





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**RECEIVE**

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**REFLECT**

But the truly happy people are those who carefully **study** God's perfect law that makes people free, and they continue to **study** it.

James 1:25a (NCV)





# HOW TO DEVELOP **KNOWLEDGE**

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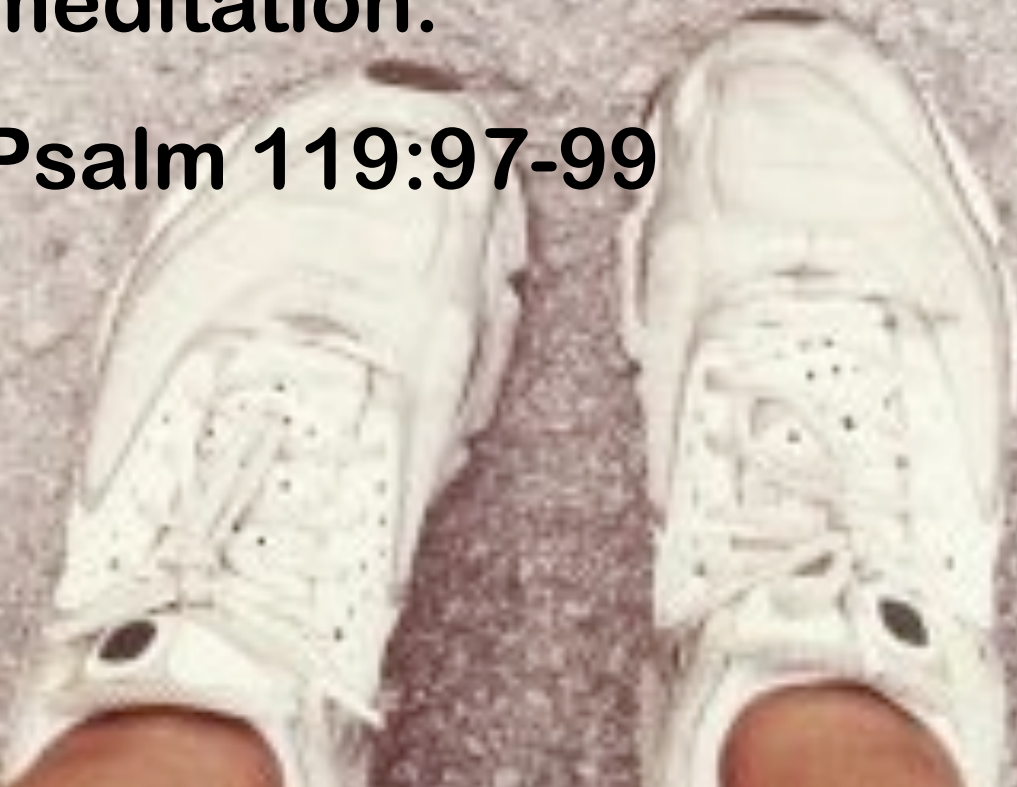
**RESEARCH**

**REMEMBER**

**REFLECT**

Oh how I love your law! It is my **meditation** all the day. Your commandment makes me wiser than my enemies, for it is ever with me. I have more understanding than all my teachers, for your testimonies are my meditation.

**Psalm 119:97-99**



A pair of white sneakers with white laces is positioned at the bottom of the frame, resting on a light-colored, textured concrete floor. The sneakers are viewed from a top-down perspective, showing the toe and lacing areas.

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# HOW TO DEVELOP **KNOWLEDGE**

**1. ACCEPT THE BIBLE'S AUTHORITY**

**2. ABSORB THE BIBLE'S TRUTH**

**3. APPLY THE BIBLE'S PRINCIPLES**

**All Scripture is breathed out by God and profitable for teaching, for reproof, for correction and for training in righteousness, that the man of God may be competent, equipped for every good work.**

**2 Timothy 3:16-17**





# HOW TO DEVELOP **KNOWLEDGE**

**1. ACCEPT THE BIBLE'S AUTHORITY**

**2. ABSORB THE BIBLE'S TRUTH**

**3. APPLY THE BIBLE'S PRINCIPLES**

**SPIRITUAL**  
**FITNESS** **KNOWLEDGE**

**KNOWING ABOUT vs KNOWING**



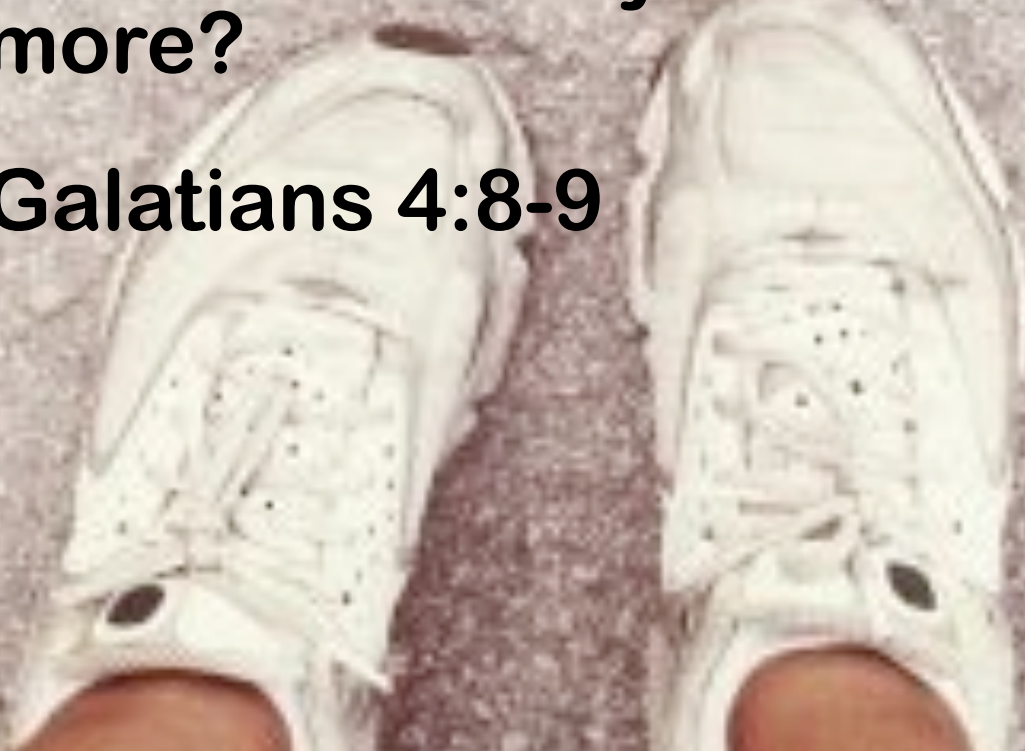
Thus says the LORD: “Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, but let him who boasts boast in this, that he **understands and knows me**

Jeremiah 9:23-24



Formerly, when you did not know God, you were enslaved to those that by nature are not gods. But **now that you have come to know God, or rather to be known by God**, how can you turn back again to the weak and worthless elementary principles of the world, whose slaves you want to be once more?

**Galatians 4:8-9**



**SPIRITUAL**  
**FITNESS** **KNOWLEDGE**

**KNOWING & BEING KNOWN**



I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

John 10:14-15

