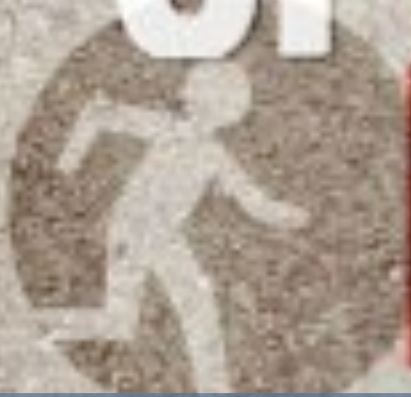
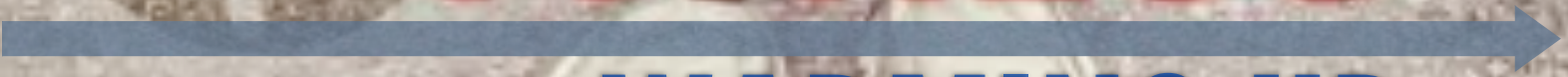


**SPIRITUAL**



**FITNESS**



**WARMING UP**



# WARMING UP

**Stretch properly before training.**





# WARMING UP

Developing good habits.



# **WARMING UP**

## **1. FITNESS TEST**





# **EXAMPLE A**

**I want to become a Christian.  
What do I need to do?**

## **EXAMPLE B**

**Christianity is just a series of rules of what's right and what's wrong. I can be moral and not be a Christian.**

## **EXAMPLE C**

**I want to grow in my Christian walk. What should I do? Who can help me?**



## **EXAMPLE D**

**There's no cell group for me to go to.**

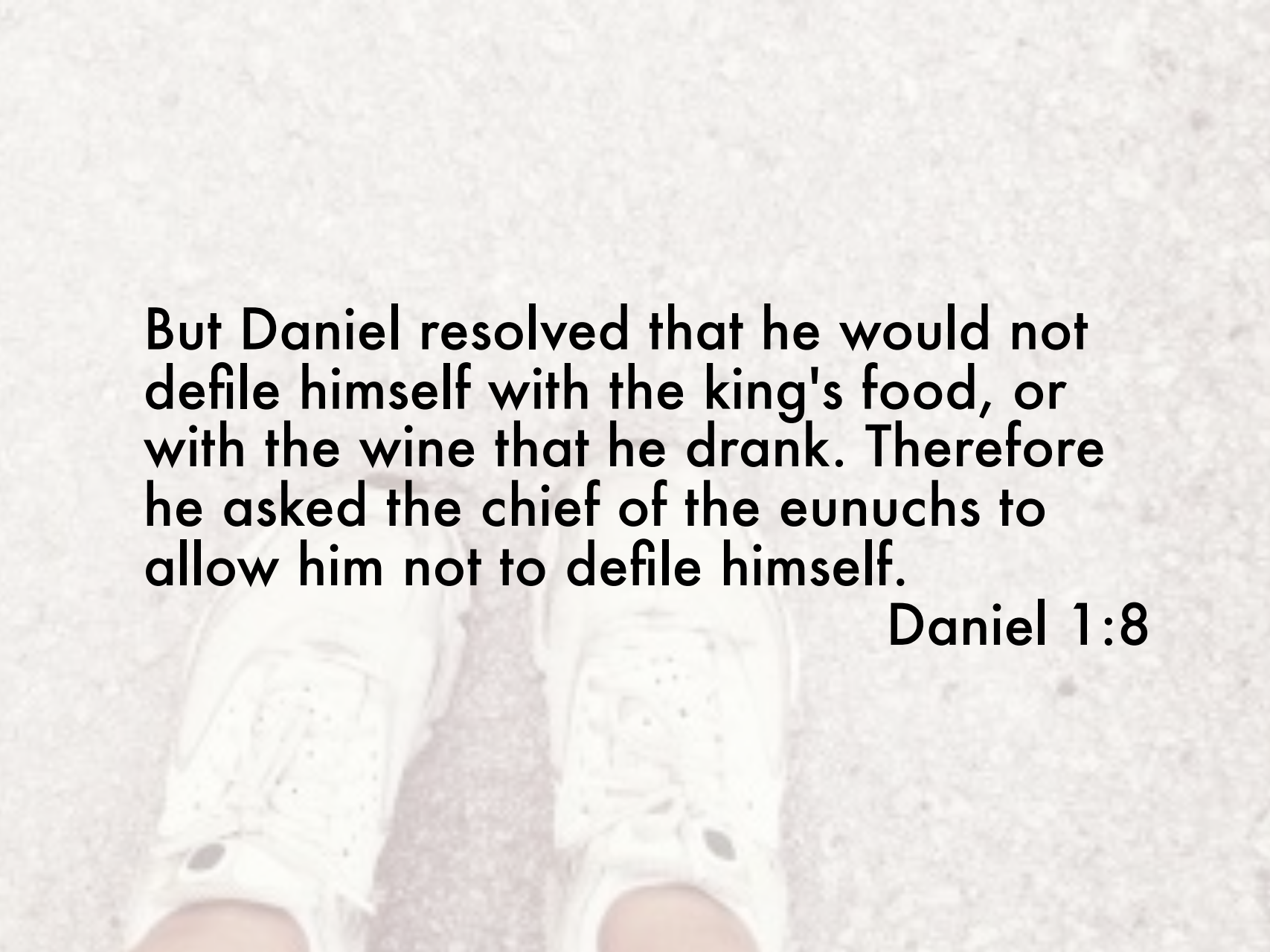




**WARMING UP**

**2. KNOW WHO  
YOU ARE**

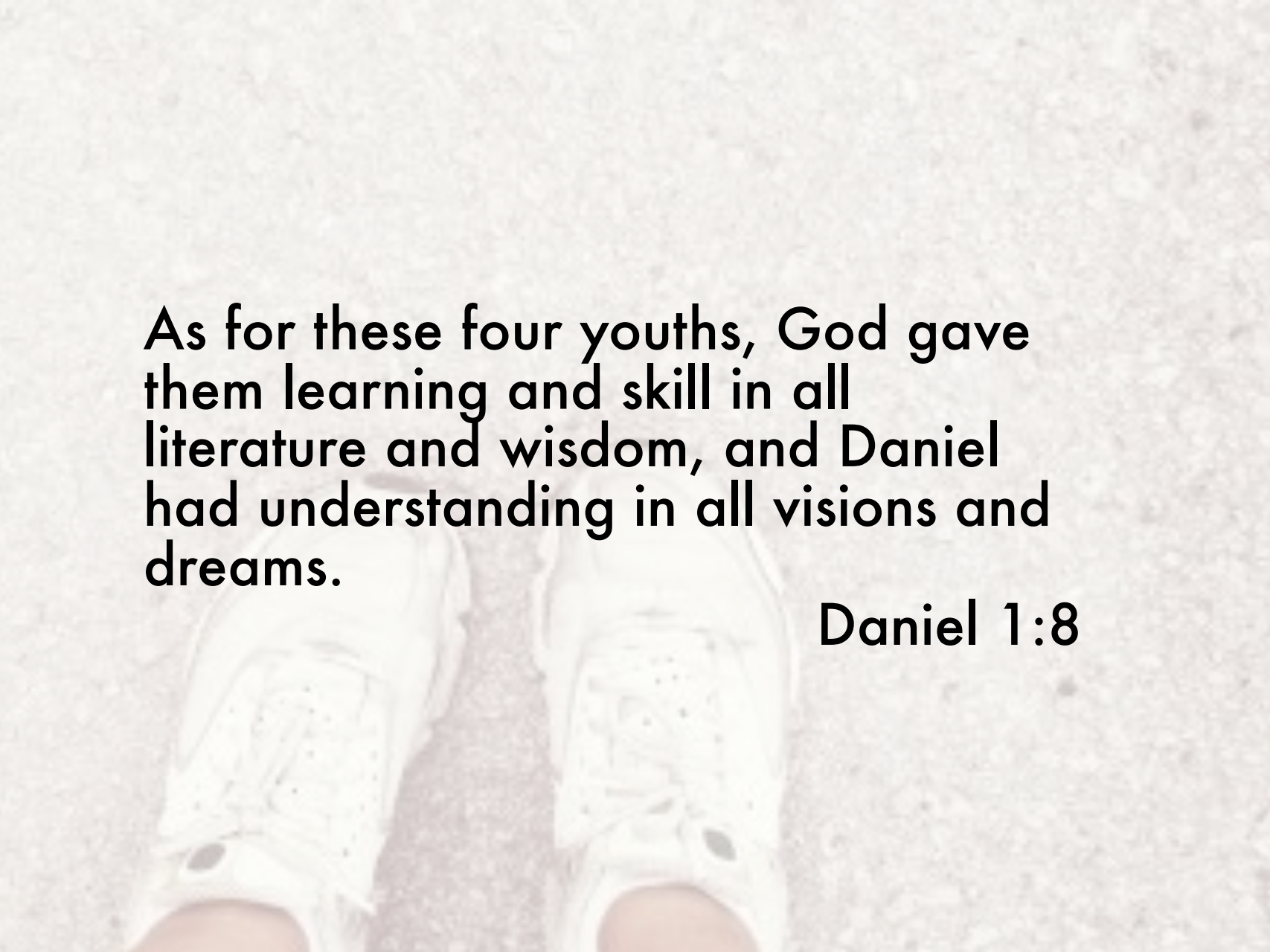


A pair of white sneakers with white laces is positioned at the bottom of the frame, resting on a light-colored, textured carpet. The sneakers are slightly out of focus compared to the text above them.

**But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself.**

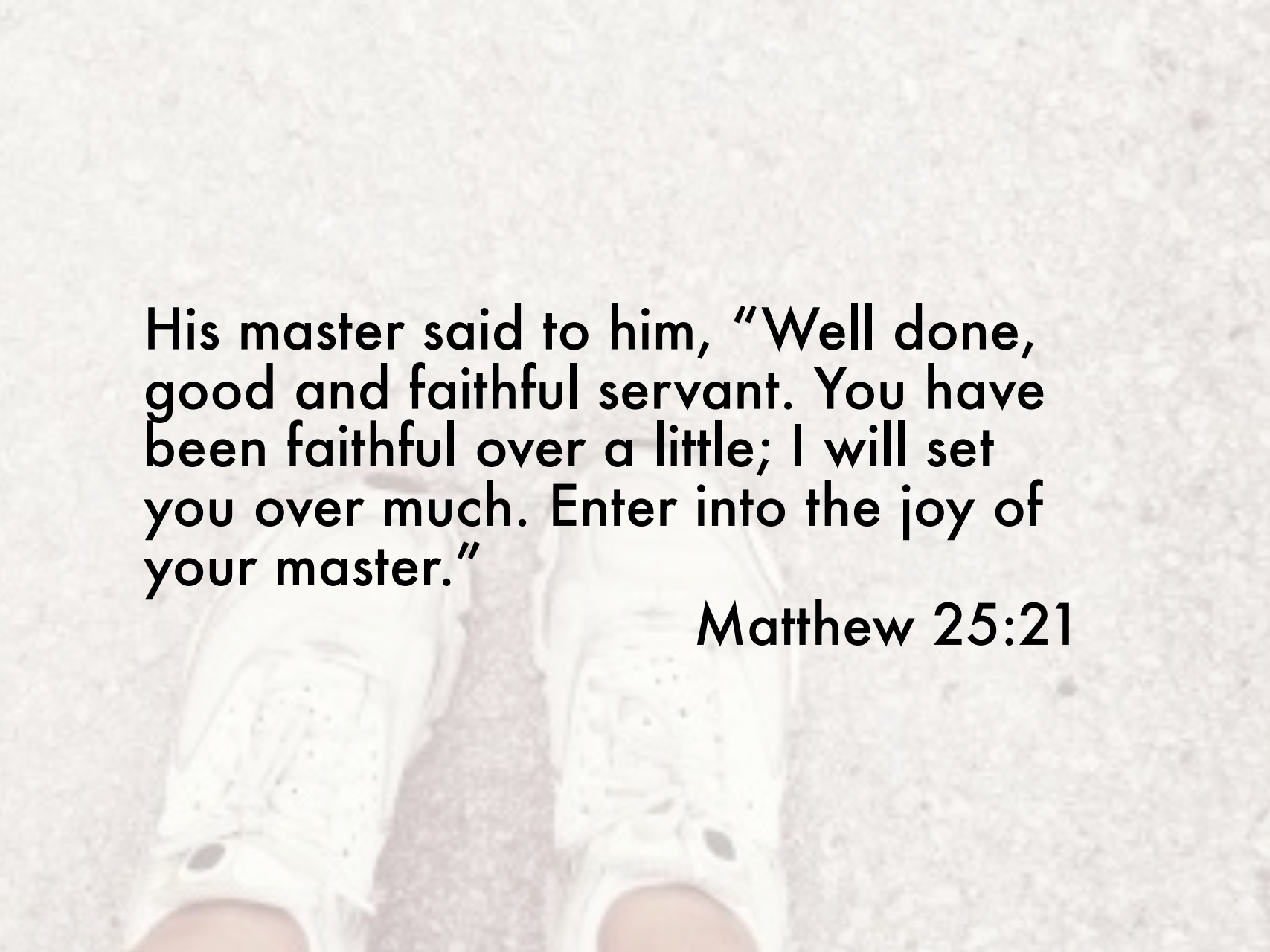
**Daniel 1:8**



A pair of white sneakers with white laces is positioned at the bottom of the frame, resting on a light-colored, textured carpet. The sneakers are slightly out of focus, serving as a background for the text.

**As for these four youths, God gave them learning and skill in all literature and wisdom, and Daniel had understanding in all visions and dreams.**

**Daniel 1:8**

A pair of white sneakers with white laces is positioned at the bottom of the frame, resting on a light-colored, textured carpet. The sneakers are slightly out of focus, serving as a background for the text.

His master said to him, "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master."

**Matthew 25:21**



# WARMING UP

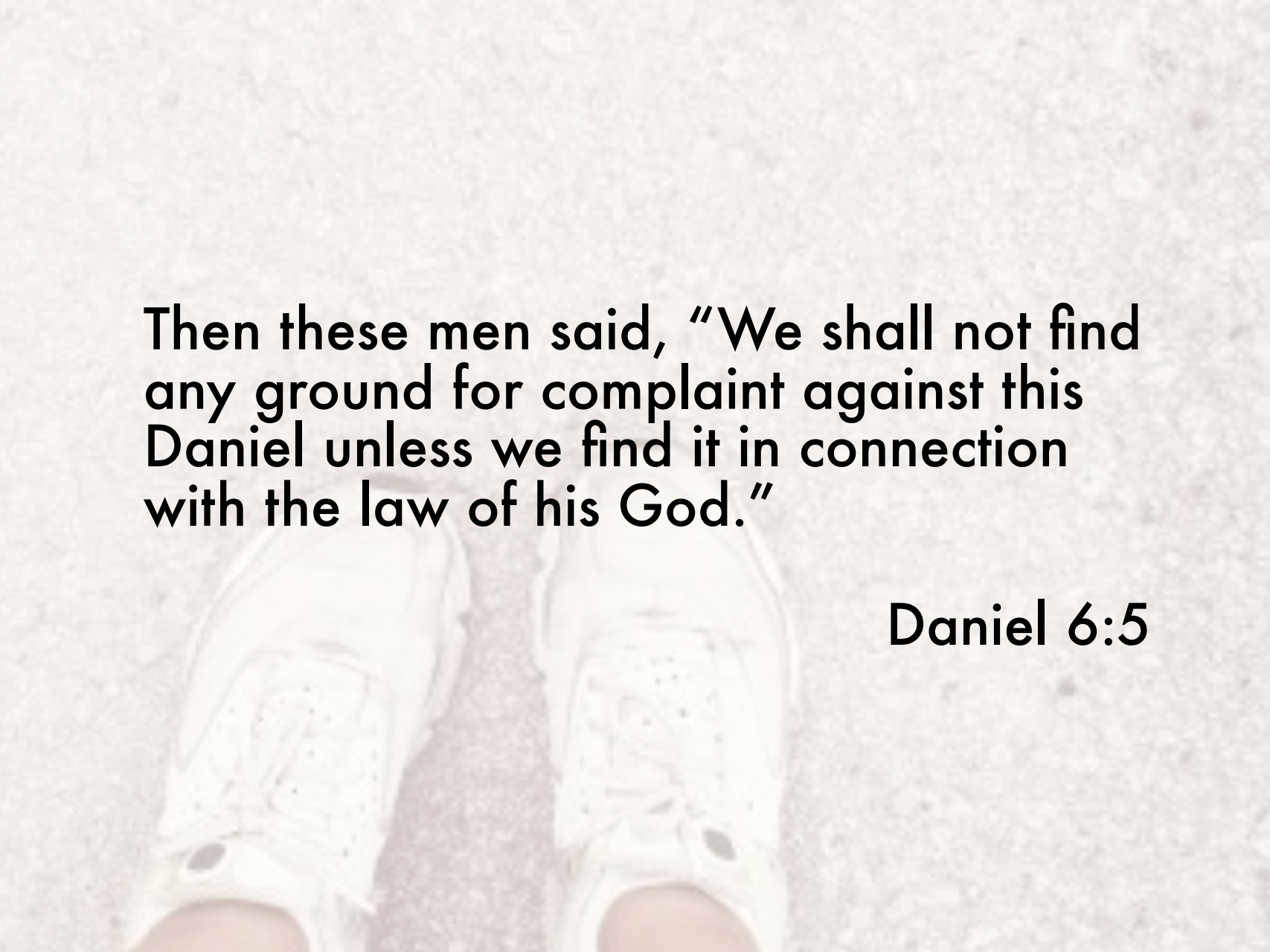
## 3. KNOW WHERE YOU BELONG



Then the presidents and the satraps sought to find a ground for complaint against Daniel with regard to the kingdom, but they could find no ground for complaint or any fault, because he was faithful, and no error or fault was found in him.

Daniel 6:4



A pair of white sneakers with white laces is positioned at the bottom of the frame, resting on a light-colored, textured carpet. The sneakers are slightly out of focus compared to the text above them.

**Then these men said, "We shall not find any ground for complaint against this Daniel unless we find it in connection with the law of his God."**

**Daniel 6:5**

When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open towards Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.

Daniel 6:10



I make a decree, that in all my royal  
dominion people are to tremble and fear  
before the God of Daniel,

for he is the living God,  
enduring for ever;  
his kingdom shall never be destroyed,  
and his dominion shall be to the end.  
He delivers and rescues;  
he works signs and wonders  
in heaven and on earth,  
he who has saved Daniel  
from the power of the lions.

Daniel 6:26-27

**WARMING UP**





**KNOW GOD  
KNOW HIS DESIRES**

**YOU ARE CHOSEN  
HIS DESIRES ARE YOURS**

**READ  
PRAY  
SHARE  
DISCUSS  
DECIDE**