

SPIRITUAL

FITNESS



KNOWLEDGE

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

WARMING UP KNOWING YOUR IDENTITY



WARMING UP

KNOWING YOUR IDENTITY

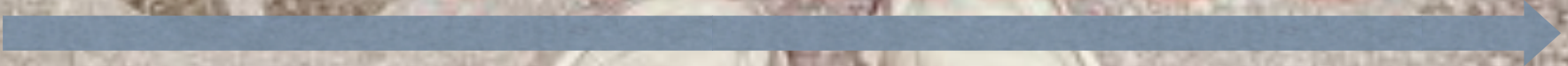
When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open towards Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.

Daniel 6:10

SPIRITUAL



FITNESS



PERSONAL PRAYER



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ADORATION

CONFESSION

THANKSGIVING

SUPPLICATION

PERSONAL PRAYER


For our own benefit?



PERSONAL PRAYER

Jesus' example



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.

For since our **friendship** with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us **friends of God**.

Romans 5:10-11 (NLT)

PERSONAL PRAYER

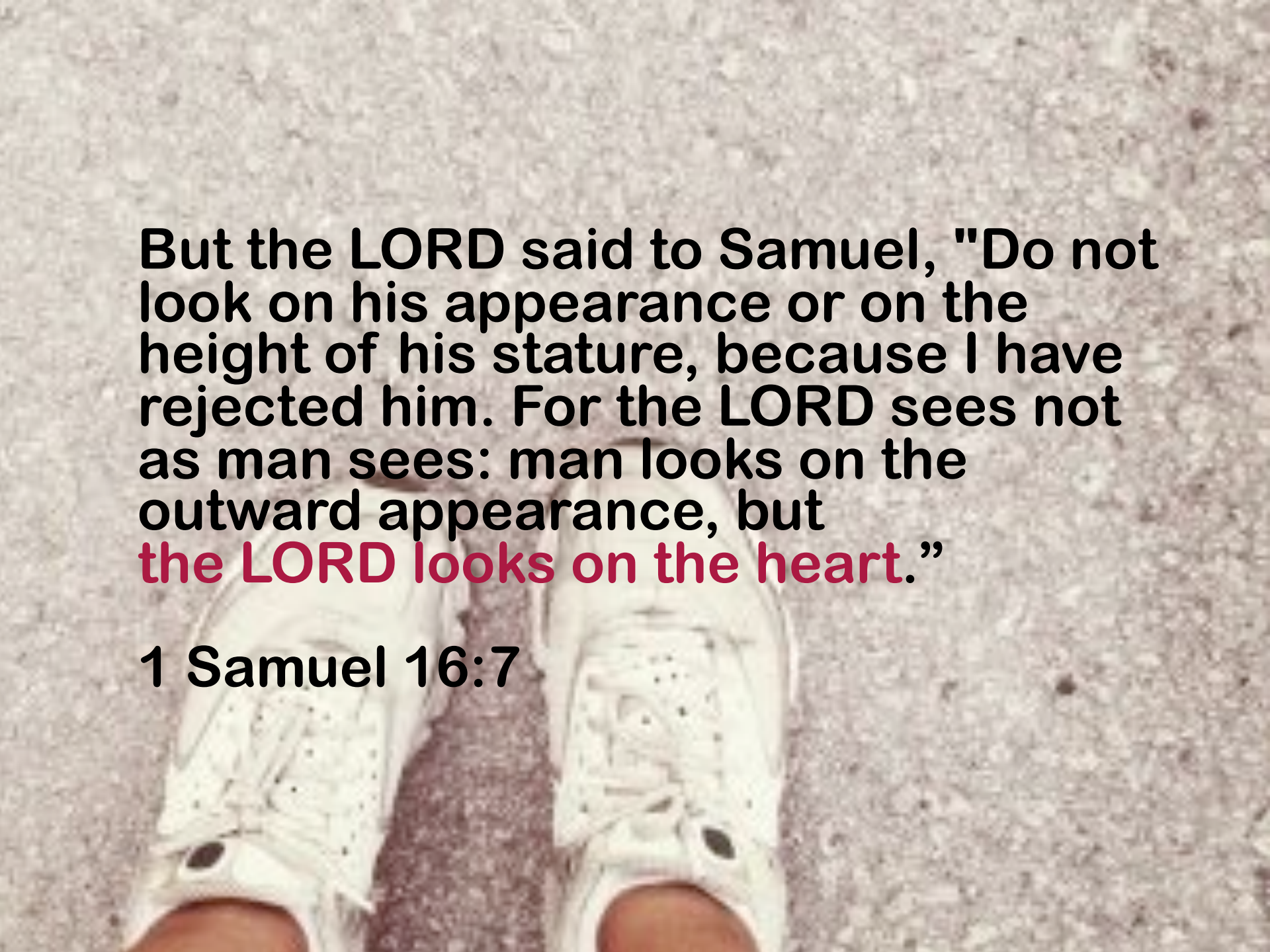
developing friendship



PERSONAL PRAYER

praying honestly



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.

But the LORD said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but **the LORD looks on the heart.**"

1 Samuel 16:7

PERSONAL PRAYER

praying intentionally



But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:6

A pair of white sneakers with white laces is positioned at the bottom of the frame, resting on a light-colored, textured carpet. The shoes are viewed from a top-down perspective, showing the toe caps and the laces. The background is a uniform, light-colored carpet with a fine, pebbled texture.

PERSONAL PRAYER

praying constantly



Rejoice always, **pray without ceasing**,
give thanks in all circumstances; for
this is the will of God in Christ Jesus
for you.

1 Thessalonians 5:16-18



PERSONAL PRAYER

developing friendship

-praying honestly

- praying intentionally

- praying constantly



Therefore he is able to save completely those who come to God through him, because he always lives to **intercede** for them.

Hebrews 7:25

