

April 29, 2020
I Timothy 4:7-8

Spiritually Fit During Covid-19

I. Introduction:

"Spend your time and energy in the exercise of keeping **spiritually fit**. Bodily exercise is all right, but **spiritual exercise** is much more important, it is a tonic for all you do. So **exercise yourself spiritually** and practice being a better Christian, because that will help you not only in this life but in the next life too." I Timothy 4:7-8 (LB)

II. Spiritual Exercises For Spiritual Fitness:

A. Renew Your Strength Through _____

"They that wait upon the Lord shall renew their strength. They shall mount up with wings of eagles, they shall run and not be weary, They all walk and not faint."
Isaiah 40:31

But an hour is coming and now is when true worshippers shall worship the Father in Spirit and in Truth; for such people the Father seeks to be His worshippers. God is spirit and those who worship him must worship him in Spirit and in Truth." John 14:21

B. Renew Your Strength Through _____

"if you continue in my word, then you are really my disciples." John 8:31

III. Conclusion And Application: