

Saturday

Review any devotions you may have missed, and meditate on the memory verse.
Please pray for the services this weekend as we preview the God Is series!

Some questions adapted from Stan Toler, "Rethink Your Life"

PREPARE TO MEET YOUR MAKER

WEEK 3

Improving Your Spiritual Fitness

SEPTEMBER 17 & 18, 2011 • RENÉ SCHLAEPFER

Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future. *1 Timothy 4:8 GN*

Take time and trouble to keep yourself spiritually fit. *1 Timothy 4:7 Philips*

How do I get spiritually fit?

1. Take control of your _____

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things. *Philippians 4:8*

- *Violent music lyrics increase aggressive thoughts and hostile feelings*
ANDERSON, CARNAGEY, AND EUBANKS, IOWA STATE UNIVERSITY AND TEXAS DEPT. OF HUMAN SERVICES STUDY
- *Heavy TV viewers tend to "Mean World Syndrome"*
GEORGE GERBNER, WWW.MEDIA-AWARENESS.CA

Detoxify!

- Have healthy _____
- Play a positive _____ to your life
- _____ on great thoughts

"Nurture your mind with great thoughts, for you will never go any higher than you think." – Benjamin Disraeli

2. Get a _____

- *People who go to weight loss support groups lose three times more weight than those who go it alone* REPORTED IN APRIL 2003 JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. *Ecclesiastes 4:12*

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another — and all the more as you see the Day approaching. *Hebrews 10:24–25*



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3. Start

Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress... *James 1:27*

Spend yourselves in behalf of the hungry... *Isaiah 58:10a*

4. Spend time with

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. *Ephesians 1:17*

Benefits of studying the "God Is" series together:

Share the same thoughts and the same feelings. Love each other with a kind heart and with a mind that has no pride. *1 Peter 3:8 NIV*

- We enrich our worship of God together
- We grow closer as a church family
- We focus together on core doctrines of the faith
- We sacrifice and put our faith to work together
- We develop a contagious faith and godly reputation as a church!

KEY: Stick

...at the proper time we will reap a harvest if we do not give up. *Galatians 6:9*

Daily Meditations

Monday

Read 2 Thessalonians 2:16–17. As we anticipate the "God Is" study, take some time to think about what you hope will result from this series. What changes do you hope to see in your life from a study of who God is?

How do you think a study of the attributes of God (or, what God is like) will benefit the church?

Read Isaiah 58:7–11. How do you expect that bold acts of compassion, like our food drive goals, will impact the church? What blessings are outlined in this text?

What specific things does Paul pray for the Thessalonians?

Ask God for these same things in the life of our church! Thank God that He is eager to reveal things about Himself to you! Ask Him to bless our study of Him this fall.

Tuesday

Read Philippians 4:8–9. What do you think presents a greater challenge to your mental and spiritual health: The volume of information you consume each day, or the content of it?

List the media you typically consume each day: For instance, I would write down my typical daily diet: Sports radio, news radio, Christian radio, various web sites, sports apps on my iPhone, the 70s music station, Christian music, adventure books, business books, biographies, and Bible commentaries.

Now consider: how might you tweak your media diet for the 50-day "God Is" series to include much more positive, uplifting content?

Ask God to help you make wise decisions regarding this!

Wednesday

Read Proverbs 4:23. Consider what topics your mind gravitates toward when you have free time. What topics need to be ejected from your mind?

Which topics do you need to capture and meditate on more often?

Ask God to empower you to do just this during the coming series!

Thursday

Read Hebrews 10:24–25. How can you surround yourself with more encouraging, supportive people?

What lifestyle changes would likely contribute to a better support group?

What fears do you have that have kept you from joining a small group or support group?

Ask God specifically to help you overcome these fears, and to have an enriching time in a small group this fall!

Friday

Pray through Ephesians 1:17, asking God to do these things in our church. Set aside a few minutes today to really examine your heart in the presence of God. Ask Him to help you know Him better right now. What truth about His nature do you think He wants you to be more aware of?

Please ask God to bless our study of His attributes this fall.



Memory Verse

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. *1 Timothy 4:8*