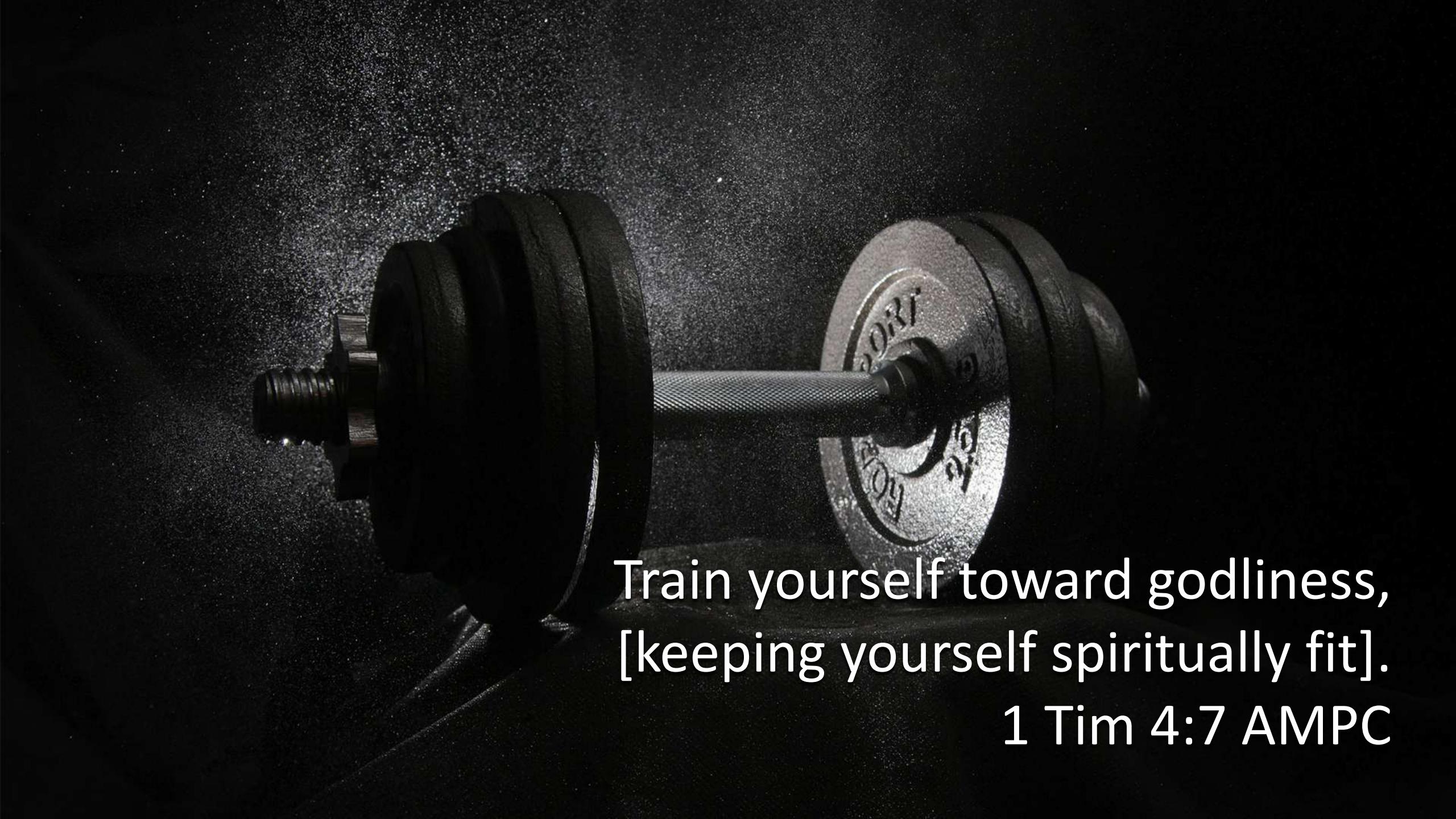


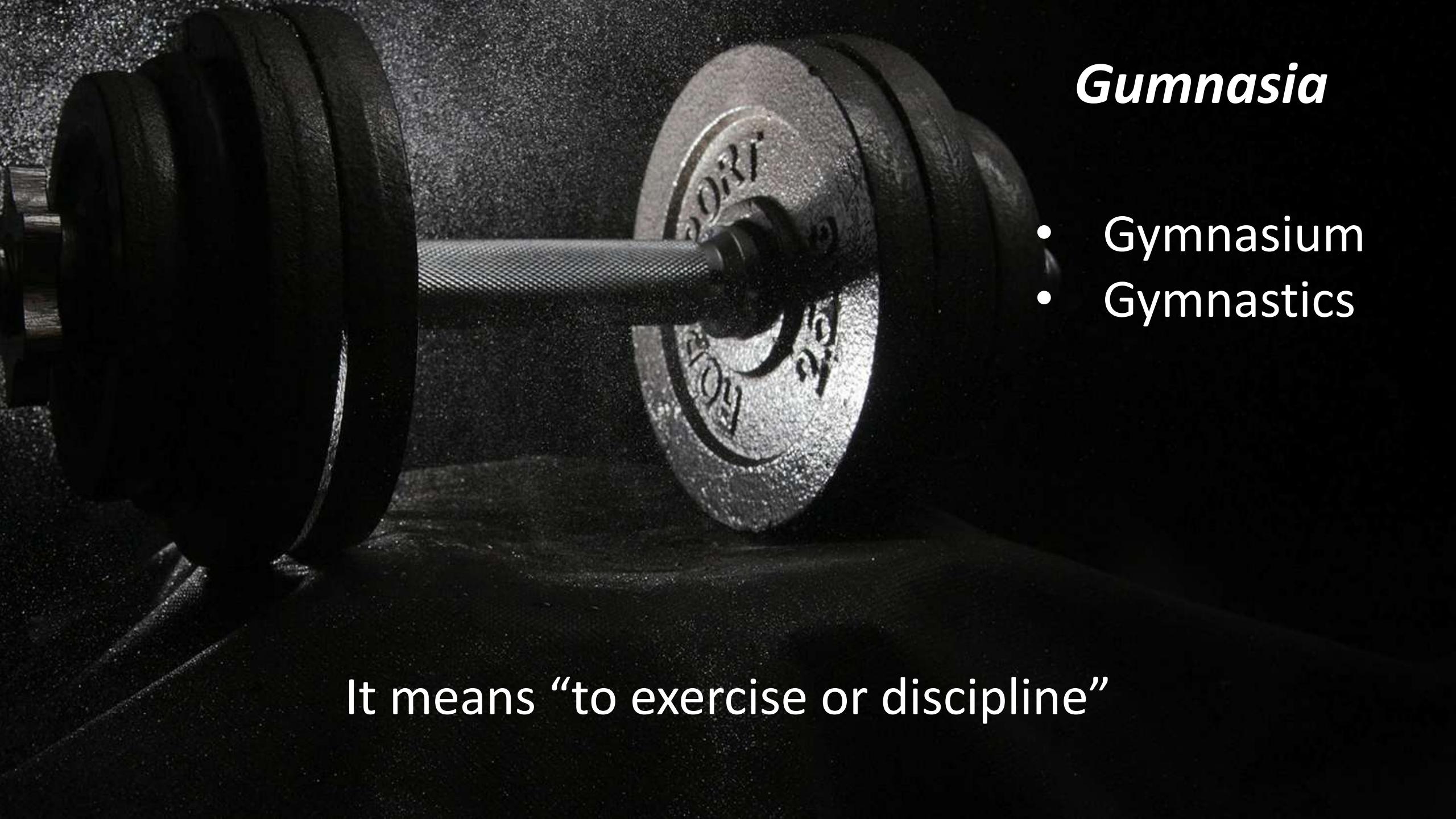


FIT FOR  
GODLINESS



Train yourself toward godliness,  
[keeping yourself spiritually fit].

1 Tim 4:7 AMPC



# *Gumnasia*

- Gymnasium
- Gymnastics

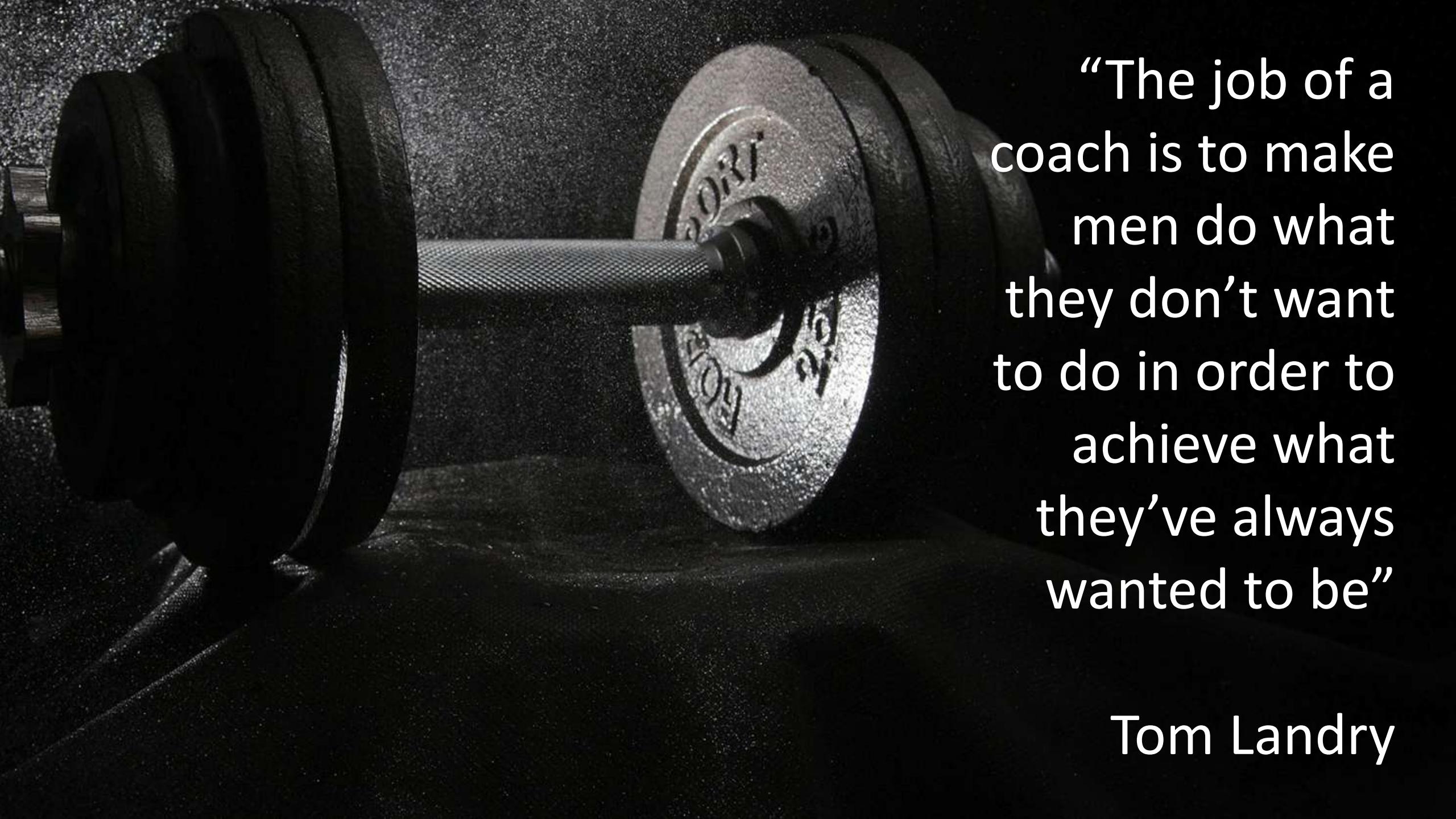
It means “to exercise or discipline”







WINTER 61 YES END 61



“The job of a coach is to make men do what they don’t want to do in order to achieve what they’ve always wanted to be”

Tom Landry



GODLINESS

# GODLINESS

Godliness means conforming to the character of God in your thoughts, feelings, desires, and actions.

Put simply, being godly means **being like God**.

# GODLINESS

For God knew his people in advance, and he chose them to become like his Son...

Rom 8:29 NLT

# GODLINESS

Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is.

1 Joh 3:2 NLT

# GODLINESS

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.

1 Tim 4:8 NLT

# GODLINESS

And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

2 Cor 3:18 NLT

# GODLINESS

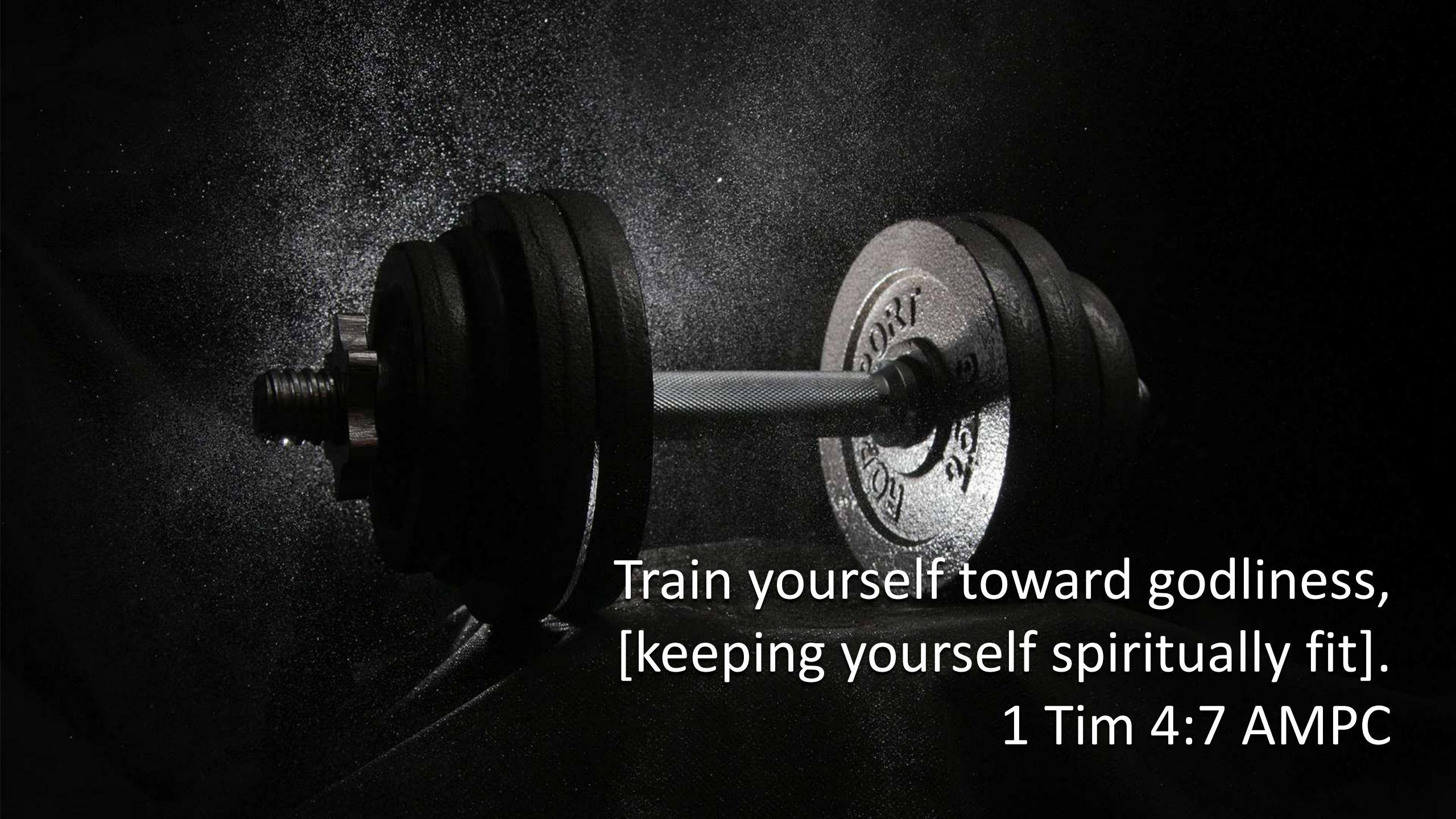
Put on your new nature, and be renewed as you learn to know your Creator and become like him.

Col 3:10 NLT

# GODLINESS

“I... maintain that the only road to Christian maturity and Godliness (a biblical term synonymous with Christlikeness and holiness) passes through the practice of the Spiritual Disciplines.”

Donald S Whitney



Train yourself toward godliness,  
[keeping yourself spiritually fit].

1 Tim 4:7 AMPC









# RIGHTEOUSNESS

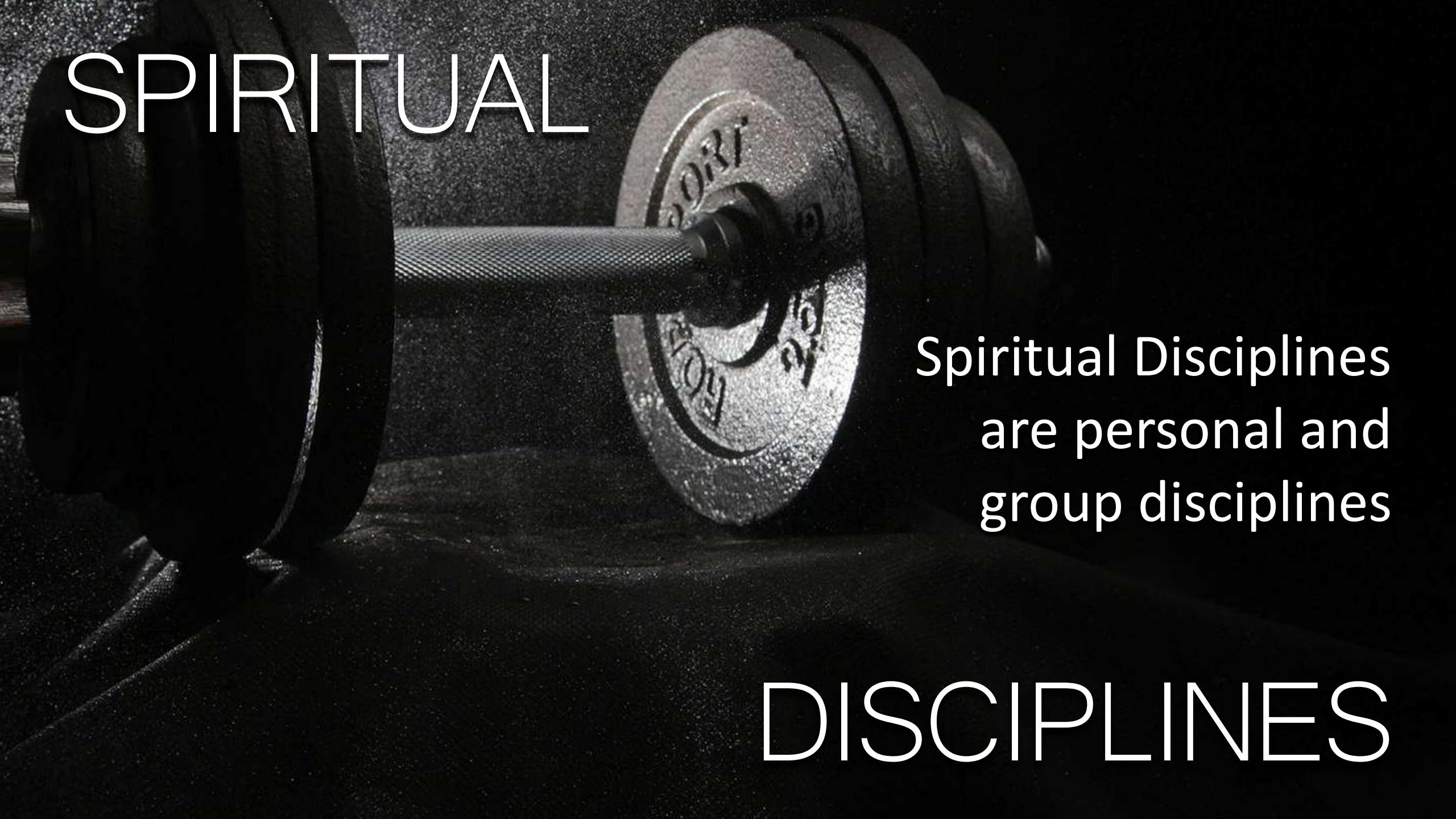


# GODLINESS

# SPIRITUAL



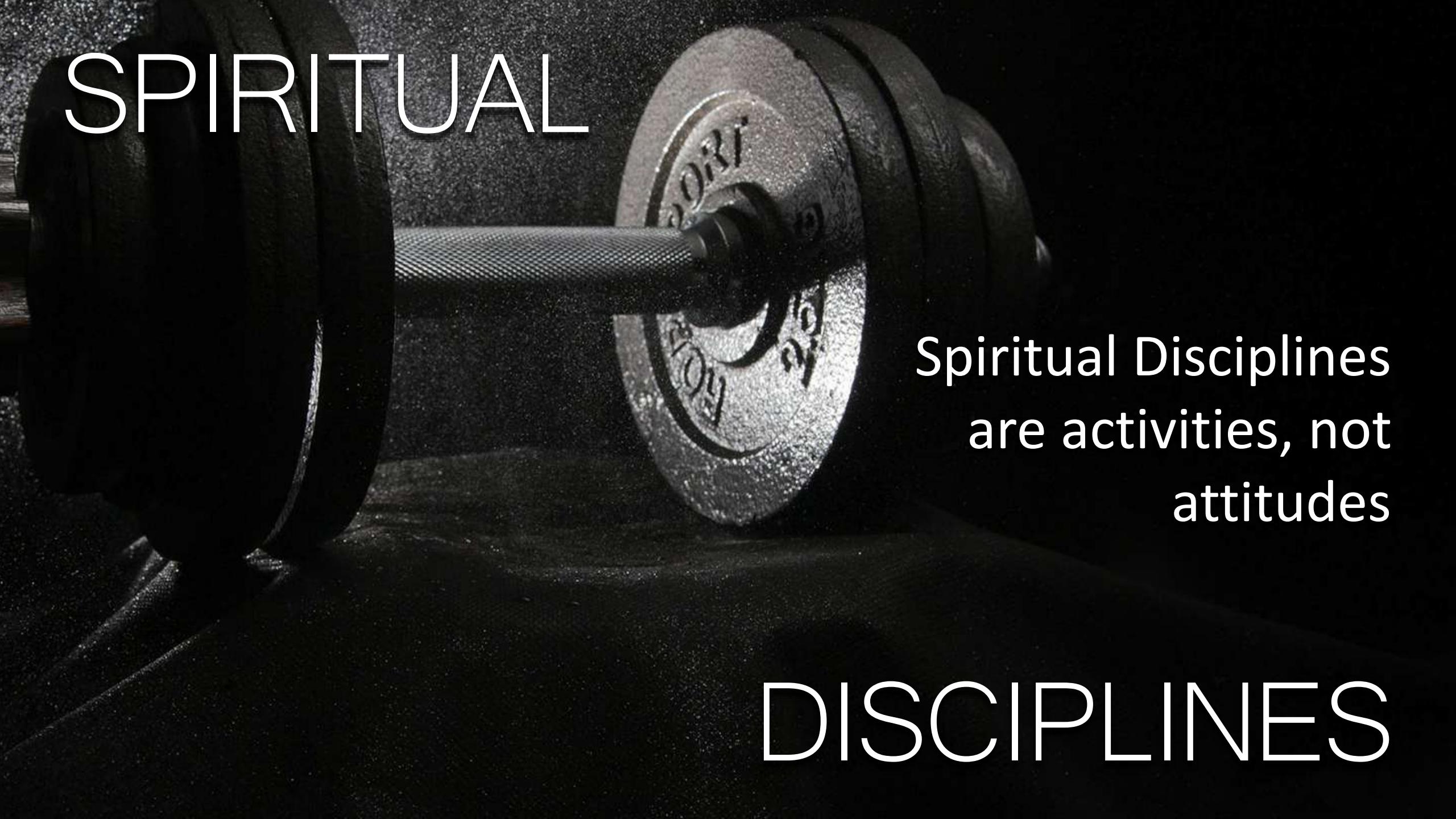
# DISCIPLINES



# SPIRITUAL

Spiritual Disciplines  
are personal and  
group disciplines

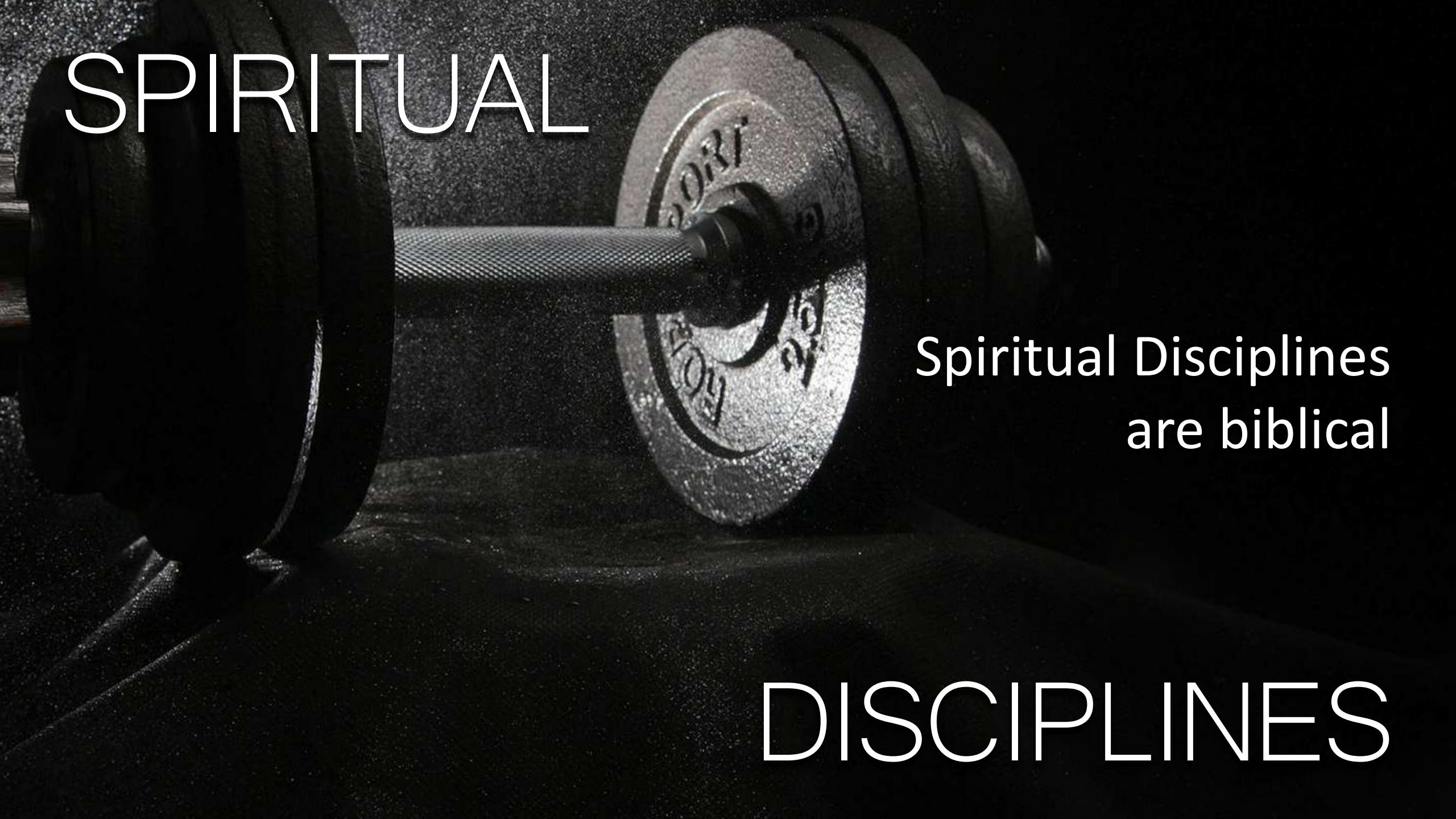
# DISCIPLINES



# SPIRITUAL

Spiritual Disciplines  
are activities, not  
attitudes

# DISCIPLINES



# SPIRITUAL

Spiritual Disciplines  
are biblical

# DISCIPLINES

# SPIRITUAL DISCIPLINES

Don't you realize that in a race everyone runs, but only one person gets the prize? **So run to win!** All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. **So I run with purpose** in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should.

1 Cor 9:24-27 NLT

- Danger in neglecting
- There is a freedom in embracing
- There is an invitation to all for

# SPIRITUAL DISCIPLINES

# GOOD NEWS



# GOD WILL HELP

# GOD WILL HELP

**Work hard** to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him.

Phil 2:12-13 NLT

# GOD WILL HELP

We want to present them to God, perfect in their relationship to Christ. That's why **I work** and struggle so hard, **depending on Christ's mighty power that works within me.**

Col 1:28-29 NLT

# GOOD NEWS



# I NEED TO TRAIN

# I NEED TO TRAIN

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.

2 Pet 1:3 NLT

# I NEED TO TRAIN

In view of all this, **make every effort** to respond to God's promises. **Supplement** your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control,

2 Pet 1:5-8 NLT

# I NEED TO TRAIN

and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.

2 Pet 1:5-8 NLT

# I NEED TO TRAIN

The **more** you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.

2 Pet 1:5-8 NLT



FIT FOR  
GODLINESS