

**August 16 / Sunday**

**Spiritually Fit**

Read [1 Timothy 4:6-10 and 15-16](#) (Message Version)



**17 / Mon – Training required** | Read [1 Timothy 4:7](#)

Paul wrote this letter to Timothy, a young pastor who had become like a son to him, but the words can apply to Christians today. What does it mean to train yourself to be godly? What things have you done for spiritual training in the past? What progress in becoming more like Jesus have you seen over time? In what areas would you like to grow?

**18 / Tue – Where do you start?** | Read [Luke 6:46-49](#)

Jesus was clear about how to identify those who are his followers. They are the ones who put his words into action. It is easy to mentally agree when someone gives a powerfully persuasive talk but the test of belief is in what happens next. Not everything Jesus taught will be easy to obey but it is the only way to demonstrate you know him and love him. What are some of the foundations you are building your life on? How does living out these truths train you to be a godly person?

**19 / Wed – Working toward something** | Read [Galatians 5:22-26](#) / [John 15:4-5](#)

When training for an event, there is always a standard you work toward. It might be a certain speed or distance or weight goal, but whatever it is, you use this to determine if your training is moving you forward. What is the standard for godliness? This list in Galatians 5 helps you know what to look for as you train yourself to be godly but it is also important to remember the source of these qualities (John 15). Which one do you need the Lord to help you grow into? What will you do *this* week to practice that quality?

**20 / Thu – The right equipment** | Read [Ephesians 6:10-13](#)

Having the right equipment is vital in any match. You are not facing a physical opponent so the equipment you need might be different than you expect. Also the tactics of your opponent are not normal or even fair. But when you recognize the nature of the contest and are well equipped, you will be able to stand your ground. What are some of his tactics you have experienced in the past? How will you counteract them moving forward?

**21 / Fri – Putting it on** | Read [Ephesians 6:14-17a](#)

Reading about the equipment listed, notice which part each piece covers and how it protects. Where are you the most vulnerable? And what do you need for protection? Research what God's word says about it and find promises to claim as your own. Ask the Holy Spirit to show you how to 'put on' that piece of equipment. Practice using it so you will be ready when the moment comes. Most of all, remember you are not alone. You have the perfect Coach who is instantly available!

**22 / Sat – Last and most important** | Read [Ephesians 6:17b-18](#) / [Luke 4:1-13](#)

When your protection is in place, then you can concentrate on the contest in front of you, going on the offensive in order to win. The last piece of equipment helps you do just that. How does the sword of the Spirit work against your opponent? (See Jesus' example in Lk. 4) The final thing to consider is the setting for this contest. Prayer is where the action happens, where the battle's won or lost. How have you seen specific, consistent prayer make a difference?