

A SPIRITUAL GROWTH EXERCISE CLASS

1 Timothy 4:7 Spend your time and energy in training yourself for spiritual fitness.

TWO SPIRITUAL EXERCISE PLANS THAT DO NOT WORK

1. Trying to grow by your own _____.

Galatians 3:3 Have you lost your senses? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?

2. Trying to grow by keeping _____.

Hebrews 13:9 Your hearts should be strengthened by God's grace, not by obeying rules.

GOD'S EXERCISE PLAN

1. Taking off the _____.

Luke 5:36 No one tears a piece of cloth from a new garment and uses it to patch an old garment. For then the new garment would be torn, and the patch wouldn't even match the old garment.

Galatians 5:19-21 When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger, selfish ambition...

2. You put on the _____.

2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!