

## Get Fit in Our Faith | Get Fit Series | Pastor Wayne Neyland | Sunday, January 5, 2025

### Main Theme: "Getting Fit in Our Faith"

- Fitness, both physical and spiritual, requires discipline, commitment, and intentionality.

### Introduction:

- Personal example: Daughter receiving a punching bag and the question of sustaining commitment.
- Studies show people often quit workouts due to lack of time, results, or enjoyment.

### Key Strategies for Overcoming Challenges:

- Start with **baby steps** instead of seeking instant results.
- Accept that there are **no shortcuts** to success.
- Biblical example: Noah's faith began with small steps (cutting down the first tree).

### Spiritual Fitness Requires Discipline:

- Reference to 2 Timothy 4:7: Staying fit in faith involves endurance, training, and perseverance.
- Example: Boxer Floyd Mayweather's disciplined training routine of 6 days a week before a fight.

### Priorities in Spiritual Fitness:

- Make spending time with God intentional.
- Be vigilant against challenges such as fear, doubt, bitterness, and sin (1 Peter 5:8)

### Steps to Stay Fit in Faith:

#### 1. Devote time to prayer:

- Set a schedule, focus on praise and thanksgiving, and use scripture as a prayer guide.
- Suggested resources: *Pray First* (Chris Hodges), *Praying Grace* (David Holland), *The Book on Prayer* (Ken Gurley).

#### 2. Read and study the Bible:

- Let the Word of God guide and transform you.
- Truth from scripture is a tool to combat challenges.

### 3. **Participate in worship services:**

- The church should equip and encourage, but personal spiritual fitness happens outside.

### 4. **Serve others:**

- Faith in action through teaching, kindness, and acts of service.

### 5. **Fellowship:**

- Connect with other believers, share experiences, and find encouragement.

### 6. **Rest and Renewal:**

- Rest is vital for spiritual, mental, and physical health.
- Prioritize sleep and downtime to re-energize and root yourself in Christ.
- Recommended Book: “Emotionally Healthy Spirituality” by Pete Scazzero

### 7. **Seek guidance:**

- Find a coach to provide feedback and help identify growth areas.

## **Important Principles:**

- **Consistency:** Regular small efforts are more impactful than sporadic big ones.
- **Embrace challenges:** Stay intentional and push through difficulties.
- **Take action:** Make a concrete decision and begin, even before feeling motivated.

## **Shift in Mindset:**

- Focus on who you are becoming rather than external achievements.
- Let go of activities and mindsets that drain your energy, time, and joy.

## **Faith as a Muscle:**

- Faith requires regular effort to grow and strengthen.
- Laziness leads to dissatisfaction, while fitness (spiritual, mental, and physical) leads to fulfillment.

## **Call to Action:**

- Commit to getting spiritually fit by understanding personal rhythms, setting priorities, and doing the hard work of faith-building.
- Motivation: Pleasing God and finding satisfaction in a fulfilling, purpose-driven life.