

Holy Habits for Spiritual Health & Fitness: Prayer & Fasting

Text: **1 Timothy 4:7-8**

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Introduction

A. Let's Get Physically & Spiritually Fit this Year!

B. Some inspiration for spiritual fitness

1 Cor. 9:24-27
1 Tim. 4:6-8

C. Some inspiration for physical fitness – Rocky Balboa!

I. Assessing Our Physical & Spiritual Condition

A) What kind of shape are you in physically?

B) What kind of shape are you in spiritually?

C) The spirit is willing but the flesh is weak!

Matt. 26:41

D) Train yourself to be godly!

1 Tim. 4:7-8
2 Cor. 10:3-4
1 Tim. 4:7

II. The Spiritual Disciplines are God's "Means of Grace" For Our Transformation

John 3:6
John 6:63
John 4:24
Phil. 2:12-13
Gal. 6:7-8

III. The Priority & Primary Place for Prayer (& Fasting)

A) With Christ in the “School of Prayer”

1. The Example of Christ

Mark 1:35

2. The Exhortation of Christ

Matt. 6:5-13
Matt. 6:16-18
Matt. 4:4
John 4:32, 34

3. The Encouragement of Christ

Matt. 7:7-8
Jer. 33:3
Jer. 29:13

B) The Benefits of a Life of Prayer

1. Intimacy with God

James 4:8

2. Spiritual Power in God

Jude 20
1 Cor. 14:4
Eph. 6:10
Eph. 6:17-18

3. Peace of God

Phil. 4:6-7

Conclusion: An invitation to a life of prayer

Heb. 4:14-16