

I. Introduction: Committing to Physical & Spiritual Fitness

Psalm 1:1-6

A) Ten Reasons the Church Should be Run like a Gym!

B) Our need to get physically fit

1. One-third of American adults (over 72 million) are obese

2. What are your physical fitness goals for 2009?

C) Our need to get spiritually fit

1. You must **"...train yourself to be godly..."**

1 Tim. 4:7b-8

2. How many professing Christians are out of shape spiritually?

3. **"...the spirit is willing but the flesh is weak..."**

Matt. 26:41

4. Last week: Getting spiritually fit through prayer & fasting

John 10:27

5. This week: Getting spiritually fit through the renewing of our minds through the study of God's Word

Rom. 12:2

II. The Benefits of Studying God's Word

A) The Barriers to the Word of God

Psalm 1:1

1. Walking in the counsel of the wicked:

2. Standing in the way of sinners:

3. Sitting in the seat of mockers:

4. What other barriers to living your life in the Word have you encountered?

B) The Beauty of the Word

Psalm 1:2

1. Read it – **1 Tim. 4:13**
2. Eat it – **Job 23:12; Jer. 15:16; Matt. 4:4**
3. Bathe in it – **John 15:3; Eph. 5:26**
4. Use it like a mirror – **James 1:23-25**
5. Meditate on it – **Psalm 1:2**
6. Memorize it – **Deut. 11:18; Psalm 119:11; Col. 3:16**
7. Study it – **2 Tim. 2:15; Heb. 5:12-14**
8. Teach it – **Deut. 11:19; Col. 3:16**
9. Talk about it – **Joshua 1:8**
10. Chart your course/life by it – **Psalm 119:105**
11. Discipline your life by it – **2 Tim. 3:15-17**
12. Preach it – **Mark 16:15; 2 Tim. 4:2**
13. Just do it – **James 1:21-25; Luke 6:46-49**

C) The Blessings of the Word

Psalm 1:3
Matt. 12:33-37
John 15:7
Isaiah 40:8
Joshua 1:8

D) The Bottom-line of the Word

Psalm 1:4-6
Prov. 14:12
Psalm 119:9-11

III. Conclusion

Luke 6:46-49