

FIT: Faith Improvement Training

World's Fittest Human

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1 Timothy 4:7-8 (NLT)

⁷ Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. ⁸ "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

Mark 12:28-31(NLT)

²⁸ One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, "Of all the commandments, which is the most important?" ²⁹ Jesus replied, "The most important commandment is this: 'Listen, O Israel! The LORD our God is the one and only LORD. ³⁰ And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.' ³¹ The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

Four Greek Words For Love

1. There is passionate love or eros love. This is the physical love between a man and a woman. Eros love is never used in the New Testament.
2. There is affectionate love or storge love. This is the kind of love that exists within a family. Patriotic Love. Storge love does appear in the New Testament.
3. There is an affectionate love, the love that esteems others. This is phileo love, friendship love. Phileo love does appear in the New Testament.
4. There is selfless and sacrificial love or agape love. The God kind of love. Agape love is a Biblical love found throughout the New Testament.

Love God More Than Anyone

Deuteronomy 13:6-11 (NLT)

⁶ "Suppose someone secretly entices you—even your brother, your son or daughter, your beloved wife, or your closest friend—and says, 'Let us go worship other gods'—gods that neither you nor your ancestors have known. ⁷ They might suggest that you worship the gods of peoples who live nearby or who come from the ends of the earth. ⁸ But do not give in or listen. Have no pity, and do not spare or protect them. ⁹ You must put them to death! Strike the first blow yourself, and then all the people must join in. ¹⁰ Stone the guilty ones to death because they have tried to draw you away from the LORD your God, who rescued you from the land of Egypt, the place of slavery. ¹¹ Then all Israel will hear about it and be afraid, and no one will act so wickedly again.

Luke 14:25-27 (Wuest NT)

²⁵ Now, many crowds were journeying along with Him. And having turned around, He said to them, ²⁶ If anyone comes to me and does not hate his father and mother and wife and children and brothers and sisters in the event that they become hindrances to his supreme love for me, yes, moreover also his own life in the same manner, he is not able to be my disciple. ²⁷ And whoever is not taking up and carrying his own cross and coming after me, is not able to be my disciple.

1. _____ Training (Endurance Routines, Cardio)

Psalm 119:11 (NLT)

I have hidden your word in my heart, that I might not sin against you.

2. _____ Training (Molecular Strength)

Psalm 23:3 (NKJV)

He restores my soul; He leads me in the paths of righteousness For His name's sake.

3. _____ Training (Mental Toughness)

Romans 12:2 (NKJV)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

4. _____ Training (Muscle Routines)

Romans 12:11 (AMP)

Never lag in zeal and in earnest endeavor; be aglow and burning with the Spirit, serving the Lord.