

Get Fit

“Get Spiritually Fit”

Sunday, January 9, 2011

Pastor Chuck Wysong

“Remember that in a race everyone runs, but only one person gets the prize. You also must run in such a way that you will win. All athletes practice strict self-control. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run straight to the goal with purpose in every step.” — 1 Corinthians 9:24-26

1. Give God THE FIRST PART OF YOUR DAY

(regular daily time with God in prayer and bible study)

“The next morning Abraham was up early and hurried out to the place where he had stood in the LORD’s presence.” – Genesis 19:27

“Your Word is a lamp for my feet and a light for my path.” – Psalm 119:105

BAYSIDE WEST COMMUNITY CHURCH VERSE OF THE YEAR:

“Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:16, 17

- The First **15 MINUTE** Challenge

2. Give God THE FIRST PART OF MY WEEK

(consistent church attendance)

“Those who are planted in the house of the Lord shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing.” — Psalm 92:13-14

“Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” -- Hebrews 10:24-25

3. Give God THE FIRST PART OF MY RELATIONSHIPS

(sharing my faith with other people)

“Then Andrew brought Simon to meet Jesus...” — John 1:42

“Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may **open a door** for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may **proclaim it clearly**, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.” Colossians 4:2-5

3 OPEN DOOR PRAYER:

- **PRAY FOR GOD TO OPEN A DOOR OF OPPORTUNITY.**
Colossians 4:2
- **PRAY FOR GOD TO OPEN A DOOR TO THEIR HEART.**
Acts 17:11-15
- **PRAY FOR GOD TO OPEN A DOOR FOR MY MOUTH AND SPEAK CLEARLY.** Colossians 4:4

“God knows how often I pray for you. Day and night I bring you and your needs in prayer to God, whom I serve with all my heart by telling others the Good News about his Son.” — Romans 1:9

4. Give God THE BEST PART OF MY ENERGY

(serving God’s people)

“So, my dear brothers and sisters, be strong and steady, always enthusiastic about the Lord’s work, for you know that nothing you do for the Lord is ever wasted.” — 1 Corinthians 15:58

“For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit. If you serve Christ with this attitude, you will please God. And other people will approve of you, too. So then, let us aim for harmony in the church and try to build each other up.” – Romans 14:17-19

MY NEXT STEP TODAY IS TO:

- Memorize Colossians 3:16-17.
- Accept the "First 15 Challenge" for 2011.
- Serve God's people @ Bayside West on:
 - 1/16 1/23 1/30 _____
- Make a spiritual commitment in 2011 to _____.
(i.e. be baptized, join the church, join a small group, attend a class etc.)

Join us next Sunday as we continue our teaching series "Get Fit" with "Get Relationally Fit".

TIME WITH GOD

Take a few minutes every day to read Scripture, pray, and answer some thought-provoking questions pertaining to this week's topic.

This week's memory verse: "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." Colossians 3:16,17

Monday

Read Revelation 2:1-7. Do you identify in any way with the church at Ephesus in these verses? How? How does their progression mirror the progression you often see in a Christian's spiritual life? Review the scriptures and the points from the message last weekend. To which points do you need to return, in the spirit of Revelation 2, in your life?

Talk to God about the state of your spiritual life. Ask Him to fill you again. Ask Him to show you how you can achieve a spiritual closeness with Him again.

Tuesday

One effective way of meditating on Scripture is to take one verse and emphasize each word in turn. Turn it in your mind like a diamond, looking at each facet. Try this today with John 15:5: "I am the vine; you are the branches." What insights do you gain from each emphasis?

"I am the vine; you are the branches."
"I **am** the vine; you are the branches."
"I am **the** vine; you are the branches."
"I am the **vine**; you are the branches."
"I am the vine; **you** are the branches."
"I am the vine; you **are** the branches."
"I am the vine; you are **the** branches."
"I am the vine; you are the **branches**."

Thank God for specific insights gained through your meditation today! Listen to Him-- simply spend some moments "abiding" as a branch to a vine today!

Wednesday

Read Matt. 22:29. Why were Jesus' enemies in error, according to Christ? Have you ever made errors because you did not know what the Bible taught about an issue? How can you prevent this in the future?

Read Psalm 119. Write down at least five benefits, with references, that this Psalm says result from Bible study and memorization: What is your biggest obstacle to reading your Bible more regularly?

Take some more time today to pick a passage and meditate on it more deeply. Thank God for the blessings of His word!!

Thursday

Read Psalm 42. What is bothering the Psalmist? Have you ever felt like this? When? What happened to help you "connect" with God again?

In verses 5 and 11, the writer suggests that, even when we feel distant, we need to have hope that "we will yet praise Him"; in other words, that we will once again sense His presence.

Thank God today for His presence all around you! If you are thirsty for God, take a drink of Him today-- spend some time in solitude, reflection, prayer, and Bible reading-- just like you're doing now!

Friday

Read Matt. 18:20. Where does Jesus say He will be? Have you ever felt the presence of Christ in a gathering of Christians? What happened?

Read Matt. 25:35-40. How do we encounter Jesus when we serve others? This week look for opportunities to help others, and view these times as if you were helping Jesus himself-- because that's how he views them!

Thank God for a healthy church! Pray for the continued health of churches in our area, including our own!

Saturday

Please pray for the services this weekend. Pray for the continued vitality of Bayside West during the winter months. Thanks!

Some Good Books on Developing My Spiritual Life:

- John Ortberg, *The Life You've Always Wanted*
- John Ortberg, *The Me I want to Be*
- Ken Gyer, *Intimate Moments with the Savior*
- John Eldredge, *Waking the Dead*
- Dallas Willard, *The Spirit of the Disciplines and Divine Conspiracy*
- Richard Foster, *Celebration of Discipline*

Some Good Websites:

- Faithalive365.com (This is good for personal but also for small group resources)
- Youversion.com (Pastor Chuck uses the one year daily Bible reading plan from this site)