

Soul Fitness

What's your plan for success in your Christian walk.
If you don't know where you're going, any road will get you there.

Huh?

Good News: You baptized four people today.

Bad News: You lost two others in the swift river current.

Good News: The Women's Association voted to send you a get-well card.

Bad News: It passed 31 to 30.

Good News: The church board accepted your job description the way you wrote it.

Bad News: They also formed a search committee to find someone capable of filling the position.

Good News: You finally found a choir director who approaches things your way.

Bad News: The choir quit.

Good News: Seventy junior high students showed up to your house

Bad News: It was the middle of the night and they were armed with TP and Shaving Cream.

Good News: Your women's softball team won their first game.

Bad News: They beat your men's softball team.

Good News: Church attendance rose dramatically the last three weeks.

Bad News: You were on vacation.

Good News: Your biggest critic just left the church.

Bad News: He's been appointed bishop.

Hmmm...

God's thoughts belong to the world of spirit, man's to the world of intellect, and while spirit can embrace intellect, the human intellect can never comprehend spirit.

A. W. Tozer (1897–1963)

Review from last week

We're made up of Spirit Soul and Body

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We were born with a dead spirit, we inherited the fallen nature of Adam. When Adam died he died spiritually.

No one can enter the kingdom of heaven unless he is born again. What that means is ...

We also talked about how when your soul gets damaged, you have a hard time living by the Spirit

Every single one of you in here or listening to this via the internet are training for something. The question is what are you training for?

All you do accomplishes something. Even veg-ing in front of the TV accomplishes something, the question is what is it accomplishing? Do you have a plan?

Mike Rice and Bob Deisch trained for 6 months for a marathon. They had a training schedule that accomplished the conditioning of their body to make it through 26.2 miles of running. What neither of them realized, however, was that they were performing a prophetic act that activated something in the spirit and has helped push this church to where we are today.

You see in order to accomplish the goal, they had to exercise discipline.

Dirty word

Hebrews 12:8

All **discipline** for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

paideia pahee-di'-ah: tutorage, i.e. education or training; by implication, disciplinary correction -- chastening, chastisement, instruction, nurture.

Same word as when the writer of Hebrews quotes the proverb that says that God chastens (disciplines) those He loves

1 Timothy 4:7,8

7 But have nothing to do with worldly fables fit only for old women. On the other hand, **discipline** yourself for the purpose of godliness;

8 for bodily **discipline** is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

gumnazo goom-nad'-zo: to practise naked (in the games), i.e. train (figuratively) -- exercise.

James 5:8

You too be patient; strengthen your hearts, for the coming of the Lord is near.

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1 Thessalonians 3:13

so that He may establish your hearts without blame in holiness before our God and Father at the coming of our Lord Jesus with all His saints.

stay-rid'-zo: to set fast, i.e. (literally) to turn resolutely in a certain direction, or (figuratively) to confirm -- fix, (e-)stablish, stedfastly set, strengthen

kardia kar-dee'-ah: the heart, i.e. (figuratively) the thoughts or feelings (mind); also (by analogy) the middle -- (+ broken-)heart(-ed).

Prayer, Fasting, Bible Reading, Worship. Are the tools of the discipline of the soul. This is what opens up the world of the Spirit!!

What's your plan?