

Spiritual Body Building

Jude 20

- *our diet – God's Word Mat 4.4*
- *our exercise - serving 1 Tim 3.13*

1. Our Primary Concern

- *our most holy faith: The Gospel v3
understand it well
to spot false teachings vs4-19
1 John 4.1*

2. A Corporate Activity

- *building each other up
1 Thess 5.11; Col 3.16
belonging to a Small Group is vital*

3. A Continuous Activity

- *lifelong learning*

4. A Conscious Decision

- *choose to do it*

5. OUR SPIRITUAL DIET: God's Word

- **prioritise it** *Luke 10.38-42*
don't be distracted
- **crave it** *1 Peter 2.2-3*
our life depends on it *John 6.63*
- **chew over it** *Psalm 1.2*
what does it mean, imply?
- **apply it** *Heb 5.14*
learn right from wrong
- **be transformed by it** *Is 55.8-9*
true maturity - being changed
Rom 12.2; Phil 3.16

6. OUR SPIRITUAL EXERCISE: service

- **equipping for service comes**
from God's word *2 Tim 3.16-17*
character development vital
- **our growth in faith comes**
from serving well *1 Tim 3.13*
learning to trust God