

# 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*