**7 STEPS TO SPIRITUAL FITNESS**

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 By Zane Reavis, The Singles Network Board Member

**STEP 1**

Make time/ Jesus did (Mark 1: 35, early morning)

When would be a good time for you? (not optional if you're serious about this.)

**STEP 2**

Find a place/ Jesus did (Mark 1:35, a solitary place)

Praying in the shower or when driving doesn't count! It's not quality time.

**STEP 3**

Include His Word (Thy word is a lamp/light; Ps.119.105)

It's the primary way He speaks to us. You might even get Him to speak to you in one of the other ways if you spend enough time with Him.:)

 There are 3 main ways that God speaks; His word, still small voice, circumstances; #1 = "the test" for all/ The default

**STEP 4**

Expect God to be there. This is where our prayer life falters. Is. 30:18; Heb. 4:15-16 ; 13:6, "Boldly", Lamentations 3:25 "Boldly" vv. 26-28= Stop complaining and start expecting

We should have a faith that is pregnant with expectancy…(Why do we say a pregnant couple is…"expecting?")

**STEP 5**

Have a Journal (I lose focus without one. + I can see a pattern of God working in my life; look back and encourage myself.) Keep praises listed in the journal; praise Him. (There's Power in praise.) (Suggestion: Listen/sing to Praise and Worship music while you pray.)

**STEP 6**

STOP/WAIT/LISTEN Ps. 46:10 "Be still and know…"

 I Looked up "Still" in a Bible word search engine and found large #'s of references to "Standing Still and God speaking."

 1 Kings 19:10-12 Still Small voice

What kind of relationship would you have with someone who never let you talk or never listened to you?

**STEP 7**

OPEN YOUR MOUTH (Refer to "The Secret Power of Speaking God's Word" Joyce Meyers.)

"Confess"/Speak His word OUT LOUD

 Read Romans 4:17, (1 Samuel 17:42-48) Read vv.45-46.

David "ran toward Goliath confessing out loud what he believed the end result of the battle would be." Read Hebrews 12:11

As with sports or any other discipline; including spiritual disciplines;

Doing/"Practicing" something good produces EVENTUAL results

Each time a negative thought comes to mind…you know who's telling you that…Not God!

CONFESS THE TRUTH =THE WORD OF GOD.

Illustration: "I'll never get over this!" "I think I'm catching a cold!" (Stop chasing it, dummy!)

Following Jesus' example in the wilderness.

"Man cannot live by bread alone".('…must have peanut butter…just joking!)

"But by...EVERY word that God says." (Not cafeteria type Christianity where you pick and choose what to believe.)

Read 2 Corinthians 10:4-5

Just like David did…When we speak it…it becomes a "two-edged sword" opening up blessings and help for us.

God's Word/The sword is the only OFFENSIVE part of the armor mentioned in Ephesians 6.

FAITH IS ACTIVE

James 2:17 says "Faith without works is dead."

PRACTICE, PRACTICE, PRACTICE until this becomes part of you.

Once you've been practicing these 7 steps then will "eventually" begin to…"find

rest." (Matthew 11:29) Rest from worry and stress that makes circumstances worse.

 = When Christ came into heaven after his crucifixion…God said

 Ps. 110:1 "SIT down by my right hand and rest while I make your enemies your footstool."

Rest= THE WORK IS DONE!

We can enter into His rest if we just realize this truth…

The work is done. The outcome of the battle is imminent, as David knew it was.

If WE know…believe this…We can OPEN OUR MOUTHS…AND CHARGE INTO OUR PERSONAL BATTLES with

THIS REST = PEACE THAT PASSES UNDERSTANDING