

Cross Training

“CrossFit”

What Does It Take To Be Spiritually Fit?

1. It takes *mental toughness*.

- **Matt. 22:37:** *“Love the Lord your God with all your heart and with all your soul and with all your mind.”*
- **Rom. 12:2a:** *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*
- **2 Cor. 10:5b:** *“...we take captive every thought to make it obedient to Christ.”*

2. It takes *spiritual discipline*.

- **1 Tim. 4:7b:** *“...train yourself to be godly.”*
- **Ps. 1:1-2:** *“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,² but whose delight is in the law of the Lord, and who meditates on his law day and night.”*

3. It takes *eliminating excess weight*.

- **Heb. 12:1b:** *“...let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”*

4. It takes *Christ-like extreme living*.

- **Gal 5:22-23a:** *“...the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,²³ gentleness and self-control.”*