

Total Fitness
Spiritual Fitness

Are You Listening?

David Feddes

Are you listening?

Now then, my sons, listen to me;
blessed are those who keep my ways.
Listen to my instruction and be wise;
do not ignore it. Blessed is the man
who listens to me... For whoever finds
me finds life and receives favor from
the LORD. But whoever fails to find me
harms himself; all who hate me love
death. (Proverbs 8:32-36)

Companions

My son, if sinners entice you, do not give in to them. (1:10)

He who walks with the wise grows wise, but a companion of fools suffers harm. (13:20)

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother. (18:24)

Sexual desire

Keep your way far from her... lest at the end of your life you groan, when your flesh and body are consumed, and you say, “How I hated discipline and my heart despised reproof! I did not listen to the voice of my teachers or incline my ear to my instructors. I am at the brink of utter ruin.” (5:8-14)

Alcohol

Wine is a mocker and beer a brawler; whoever is led astray by them is not wise. (20:1)

Who has woe? Who has sorrow?... Those who linger over wine... In the end it bites like a snake and poisons like a viper. “They hit me,” you will say, “but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?” (23:29-35)

Money

Lazy hands make a man poor,
but diligent hands bring wealth. (10:4)

Better a little with the fear of the LORD
than great wealth with turmoil. (15:16)

Do not be a man who ... puts up security
for debts. (22:26)

He who is kind to the poor lends to the
LORD, and he will reward him. (19:17)

Do you love death?

All who hate me love death. (8:36)

Whoever despises the word brings destruction on himself. (13:13)

A man who remains stiff-necked after many rebukes will suddenly be destroyed—without remedy. (29:1)

Hearing problems, heart problems

- **Preoccupied:** unresponsive heart
- **Fruitless:** uncultivated heart
- **Self-centered:** unloving heart
- **Doomed:** unbiblical heart

Healthy heart

The seed on good soil stands for those with a noble and good heart. (Luke 8:15)

Trust in the LORD with all your heart...

Above all else, guard your heart, for it is the wellspring of life (Proverbs 3:5; 4:8)

Give me an undivided heart. (Ps 86:11)

Spiritual fitness

We are spiritually fit when we are close to God and resistant to evil.

But he gives us more grace... Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. (James 4:6-8)

Spiritual fitness testing

- Are you desiring God more and more?
- Are you resisting devil, world, and flesh?
- Are you loving and caring toward others?
- Are you willing and able to forgive?
- Are you heavenly minded?
- Are you faithful in Bible intake, prayer, and other spiritual disciplines?

Feeding on God's Word

- Read
- Listen
- Memorize
- Apply
- Meditate
- Write

Healthy prayer patterns

- Pray alone.
- Pray with others.
- Pray on the spot.
- Pray on a schedule.
- Pray from your heart.
- Pray with a guide.

Guides for prayer

- The Lord's Prayer
- A. C. T. S.
- Pray the Bible
- Pray like children

Take a break

- **Rest:** break from busyness
- **Solitude:** break from people
- **Silence:** break from noise
- **Secrecy:** break from publicity
- **Fasting:** break from food
- **Submission:** break from control
- **Sacrifice:** break from plenty

Total Fitness Training

- Spiritual
- Physical
- Financial
- Intellectual
- Emotional
- Relational
- Vocational

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