

Total Fitness

Intellectual Fitness

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Intellectual Fitness

- Christ is king.
- Bible is basic.
- Falsehood is fought.
- Companions help character.
- Excellence is expected.
- Life is learning.
- Reality matches rhetoric.

Christ is king.

All things were created through him and for him. And he is before all things, and in him all things hold together... In him are hidden all the treasures of wisdom and knowledge. (Colossians 1:16-17)

The earth is the LORD's, and everything in it. (Psalm 24:1)

Bible is basic.

Your word is a lamp to my feet and
a light for my path. (Psalm 119:105)

Every word of God proves true.
(Proverbs 30:5)

Let God be true though every one
were a liar. (Romans 3:4)

Falsehood is fought.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (1 Cor 10:5).

No neutral ground: He who is not with me is against me. (Luke 11:23)

Companions help character.

He who walks with the wise grows wise,
but a companion of fools suffers harm.

(Proverbs 13:20)

I urge you to imitate me... Bad company
corrupts good character. (1 Corinthians
4:16; 15:33).

Excellence is expected.

Love the Lord your God with all your heart and with all your soul and with **all your mind** and with all your strength.

(Mark 12:30)

In every matter of wisdom and understanding... he found them ten times better. (Daniel 1:20)

Life is learning.

Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. (Deut 6:7)

Instruct a wise man and he will be wiser still; teach a righteous man and he will add to his learning. (Proverbs 9:9)

Reality matches rhetoric.

They preach, but do not practice.

(Matthew 23:3)

Whoever lives by the truth comes into the light. (John 3:21)

You have the reputation of being alive, but you are dead. Wake up, and strengthen what remains. (Rev 3:1-2)

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