

Total Fitness

**Pursuing  
Total Fitness**

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# Flourishing in wisdom

Length of days and years of life and  
peace... favor and good success...  
healing... refreshment... filled with  
plenty... blessed... long life... riches and  
honor... pleasantness... tree of life... life  
for your soul... adornment... secure... not  
afraid... sweet sleep... no fear... the Lord  
will be your confidence. (Proverbs 3)

# Overcoming

- Pornography
- Child abuse
- Partner abuse
- Addiction

# Total Fitness

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

# Spiritual fitness

**Close to God, resistant to evil**

- **Bible:** read, memorize, meditate, listen, apply, write
- **Prayer:** Lord's Prayer, ACTS, pray the Bible
- **Break:** rest, solitude, silence, fasting, submission, sacrifice

# Physical fitness

- Nutrition
- Exercise
- Rest
- Caution
- Checkups
- Total fitness

# Financial fitness

- Honor God with money
- Making good money
- Money and marriage
- Dealing with debt
- Financial planning
- Rich and poor

# Intellectual fitness

**We have the mind of Christ.**

- **Intellect**: thoughts, knowledge, wisdom
- **Identity**: position, stance, convictions
- **Worldview**: mindset, viewpoint, focus
- **Attitude**: outlook, feelings, interests
- **Awareness**: sense, insight, recognition
- **Evaluation**: discernment, test, sifting



# Emotional fitness

- In tune with reality, others, and God.
- Displayed appropriately.
- Sense true and deep realities.
- Hints of your heart and of God's heart.
- Limited pain, unlimited pleasure.

# Relational fitness

- **Real:** honest, sincere, communicative
- **Caring:** love, empathy, interest
- **Stable:** steady, faithful, reliable
- **Respectful:** honor and serve others
- **Spiritual:** sharing inner Christ-life
- **Helpful:** connect, affirm, expose
- **Militant:** battling evil together
- **Gracious:** apologize, forgive, restore

# Vocational fitness

- Embrace work as glorious
- Deal with sin's impact on work
- Work for Jesus and bless others
- Apply talents to God-given domain
- Traits: punctual, presentable, diligent, reliable, skilled, proactive, positive, cooperative, teachable, healthy

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# Fitness facts

- Total fitness involves the total person. Each area of life affects other areas.
- Total fitness is not something you can just name and claim. Each area of fitness grows through wisdom and discipline.
- Much remains beyond our control. But wisdom shows the best available path.

# Pursuing total fitness

- What's your pattern?
- What's your priority?
- What's your plan?
- What's your progress?

# What's your pattern?

Ponder the path of your feet; then all  
your ways will be sure. (4:26)

All a man's ways seem right to him,  
but the LORD weighs the heart. (21:2)

Like a dog that returns to his vomit is  
a fool who repeats his folly. (26:11)

# What's your pattern?

- What are your healthy habits?
- What are your unhealthy habits?
- How do you recognize your habits?
- How do you know if a habit is healthy or unhealthy?



# What's your priority?

- What area of fitness is most urgent for you to change?
- What will be most disastrous if it doesn't change?
- What will have the most positive impact if it does change?

# What's your plan?

Plans fail for lack of counsel, but with many advisers they succeed. (15:22)

Make plans by seeking advice. (20:18)

The plans of the diligent lead to profit as surely as haste leads to poverty. (21:5)

Commit to the LORD whatever you do, and your plans will succeed. (16:3)

# What's your plan?

- Is your plan written so you have a guide and a measuring stick?
- What steps are you taking to reach the priorities you've chosen?
- Who advises you, encourages you, and holds you accountable?
- Do you ask God to guide your plans and help you accomplish them?

# What's your progress?

Jesus grew in wisdom and stature, and in favor with God and men. (Luke 2:52)

We will in all things grow up into him who is the Head, that is, Christ. (Eph 4:15)

Grow up in your salvation. (1 Peter 2:2)

Grow in the grace and knowledge of our Lord and Savior Jesus Christ. (2 Peter 3:1)

# What's your progress?

- Have you changed in any way while studying Total Fitness?
- Do you want future changes?
- How will you track advances or setbacks in the future?
- How teachable are you?

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