

"SPIRITUALLY FIT"



Prayer: Psalms 47:1-9 O clap your hands, all ye people; shout unto God with the voice of triumph. (2) For the LORD most high *is* terrible; *he is* a great King over all the earth. (3) He shall subdue the people under us, and the nations under our feet. (4) He shall choose our inheritance for us, the excellency of Jacob whom he loved. Selah. (5) God is gone up with a shout, the LORD with the sound of a trumpet. (6) Sing praises to God, sing praises: sing praises unto our King, sing praises. (7) For God *is* the King of all the earth: sing ye praises with understanding. (8) God reigneth over the heathen: God sitteth upon the throne of his holiness. (9) The princes of the people are gathered together, *even* the people of the God of Abraham: for the shields of the earth *belong* unto God: he is greatly exalted.

'Exercise in Love'

1 Timothy 4:7-8 But refuse profane and old wives' fables, and exercise thyself rather unto godliness. (8) For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

Notes:

- Profane = blasphemous, sacrilegious, wicked
- Fables = tales, allegories, myths
- That which is to come = eternal life

Hosea 9:7 The days of visitation are come, the days of recompence are come; Israel shall know it: the prophet is a fool, the spiritual man is mad, for the multitude of thine iniquity, and the great hatred.

Notes:

- Recompense = repay, reimburse, make up for
- Iniquity = sin
- Great hatred = perfect hatred

Romans 7:14 For we know that the law is spiritual: but I am carnal, sold under sin.

Notes:

- Law = Word of God
- Carnal = fleshly
- Many people study evil rather than studying the Word of God.

Ezekiel 22:29 The people of the land have used oppression, and exercised robbery, and have vexed the poor and needy: yea, they have oppressed the stranger wrongfully.

Notes:

- Vexed = annoyed, angered, irritated, upset
- Stranger = Non-Israelite



2 Peter 2:12-14 But these, as natural brute beasts, made to be taken and destroyed, speak evil of the things that they understand not; and shall utterly perish in their own corruption; [13] And shall receive the reward of

unrighteousness, as they that count it pleasure to riot in the day time. Spots they are and blemishes, sporting themselves with their own deceivings while they feast with you; [14] Having eyes full of adultery, and that cannot cease from sin; beguiling unstable souls: an heart they have exercised with covetous practices; cursed children:

Notes:

- Brute beasts = false prophets and their flock
- Things that they understand not = Word of God
- Reward of unrighteousness = eternal damnation/lake of fire
- Beguiling = enticing, charming
- Unstable souls = people who are not grounded in the Word of God



Modern day scribes & Pharisees

Matthew 23:15 Woe unto you, scribes and Pharisees, hypocrites! for ye compass sea and land to make one proselyte, and when he is made, ye make him twofold more the child of hell than yourselves.

Notes:

- Proselyte = convert

'Workout Righteousness'

2 Timothy 2:21 If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work.

Notes:

- Purge = remove, cleanse, wash out
- Vessel unto honour = a true servant of God
- Sanctified = set apart
- Meet = good, fit
- Master = Jesus

Ecclesiastes 1:12-13 I the Preacher was king over Israel in Jerusalem. [13] And I gave my heart to seek and search out by wisdom concerning all *things* that are done under heaven: this sore travail hath God given to the sons of man to be exercised therewith.

Notes:

- Heart = mind



Philippians 2:12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

Luke 9:23 And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

Notes:

- Deny himself = stop yourself from committing sin
- Cross = whatever you have to endure for righteousness' sake, do it, even if it costs you family and friends.

Acts 8:11, 21 And to him they had regard, because that of long time he had bewitched them with sorceries. **21** Thou hast neither part nor lot in this matter: for thy heart is not right in the sight of God.

Acts 19:13-16 Then certain of the vagabond Jews, exorcists, took upon them to call over them which had evil spirits the name of the Lord Jesus, saying, We adjure you by Jesus whom Paul preacheth. [14] And there were seven sons of one Sceva, a Jew, and chief of the priests, which did so. [15] And the evil spirit answered and said, Jesus I know, and Paul I know; but who are ye? [16] And the man in whom the evil spirit was leaped on them, and overcame them, and prevailed against them, so that they fled out of that house naked and wounded.

Notes:

- Vagabond = drifter, vagrant, hobo, homeless
- Evil spirits = fallen angels

'Practice Good'

1 Samuel 24:4-7 And the men of David said unto him, Behold the day of which the LORD said unto thee, Behold, I will deliver thine enemy into thine hand, that thou mayest do to him as it shall seem good unto thee. Then David arose, and cut off the skirt of Saul's robe privily. [5] And it came to pass afterward, that David's heart smote him, because he had cut off Saul's skirt. [6] And he said unto his men, The LORD forbid that I should do this thing unto my master, the LORD'S anointed, to stretch forth mine hand against him, seeing he is the anointed of the LORD. [7] So David stayed his servants with these words, and suffered them not to rise against Saul. But Saul rose up out of the cave, and went on his way.

Notes:

- David used words to calm his servants. He practiced good, rather than riling them up.

Ecclesiastes 10:4 If the spirit of the ruler rise up against thee, leave not thy place; for yielding pacifieth great offences.

Notes:

- Spirit = thoughts of the mind
- Pacifieth = appeases, calms, soothes, placates

2 Samuel 16:5-7, 11-12 And when king David came to Bahurim, behold, thence came out a man of the family of the house of Saul, whose name was Shimei, the son of Gera: he came forth, and cursed still as he came. [6] And he cast stones at David, and at all the servants of king David: and all the people and all the mighty men were on his right hand and on his left. [7] And thus said Shimei when he cursed, Come out, come out, thou bloody man, and thou man of Belial: **11** And David said to Abishai, and to all his servants, Behold, my son, which came forth of my bowels, seeketh my life: how much more now may this Benjamite do it? let him alone, and let him curse; for the LORD hath bidden him. [12] It may be that the LORD will look on mine affliction, and that the LORD will requite me good for his cursing this day.

Notes:

- Belial = liar, deceiver, devil
- Requite = revenge yourself, retaliate, take reprisals for
- David maintained his place and chose to be still rather than rising up on this person cursing him.

'Be FIT for the Kingdom'



Hebrews 12:11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

Notes:

- Chastening = punishment, , discipline, reprimand, correct
- Don't get angry when God chastens you; it means he is working on you to make you fit for the kingdom.

Psalms 35:11-15 False witnesses did rise up; they laid to my charge things that I knew not. [12] They rewarded me evil for good to the spoiling of my soul. [13] But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom. [14] I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother. [15] But in mine adversity they rejoiced, and gathered themselves together: yea, the abjects gathered themselves together against me, and I knew it not; they did tear me, and ceased not:

Notes:

- Abjects = smiters, slanderers

'Meet for the Master's Use'

1 Samuel 16:7 But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.

Notes:

- Countenance = face, expression
- Heart = thoughts of the mind

'Maintain a Godly Mind'

1 Samuel 1:5-7, 10 But unto Hannah he gave a worthy portion; for he loved Hannah: but the LORD had shut up her womb. [6] And her adversary also provoked her sore, for to make her fret, because the LORD had shut up her womb. [7] And as he did so year by year, when she went up to the house of the LORD, so she provoked her; therefore she wept, and did not eat. **10** And she was in bitterness of soul, and prayed unto the LORD, and wept sore.



1 Samuel 2:1-3 And Hannah prayed, and said, My heart rejoiceth in the LORD, mine horn is exalted in the LORD: my mouth is enlarged over mine enemies; because I rejoice in thy salvation. [2] There is none holy as the LORD: for there is none beside thee: neither is there any rock like our God. [3] Talk no more so exceeding proudly; let not arrogancy come out of your mouth: for the LORD is a God of knowledge, and by him actions are weighed.

Notes:

- Horn = power
- Be very careful what you say before God. His angels are always present.

2 Samuel 3:8-10 Then was Abner very wroth for the words of Ishbosheth, and said, Am I a dog's head, which against Judah do shew kindness this day unto the house of Saul thy father, to his brethren, and to his friends, and have not delivered thee into the hand of David, that thou chargest me to day with a fault concerning this woman? [9] So do God to Abner, and more also, except, as the LORD hath sworn to David, even so I do to him; [10] To translate the kingdom from the house of Saul, and to set up the throne of David over Israel and over Judah, from Dan even to Beersheba.

Jeremiah 9:24 But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD.

'Have Endurance in Well Doing'

Numbers 20:10-12 And Moses and Aaron gathered the congregation together before the rock, and he said unto them, Hear now, ye rebels; must we fetch you water out of this rock? [11] And Moses lifted up his hand, and with his rod he smote the rock twice: and the water came out abundantly, and the congregation drank, and their beasts also. [12] And the LORD spake unto Moses and Aaron, Because ye believed me not, to sanctify me in the eyes of the children of Israel, therefore ye shall not bring this congregation into the land which I have given them.

Notes:

- Moses lost his temper and didn't glorify God by his words and actions in the presence of Israel. For this he was not allowed to see the Promised Land.

'Operate in Peace'

Matthew 5:39-41, 44 But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. [40] And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also. [41] And whosoever shall compel thee to go a mile, go with him twain. **44** But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

Notes:

- Resist not evil = If you think someone is doing you wrong, don't resist, let God deal with them.
- Twain = twice



Exodus 34:27-30 And the LORD said unto Moses, Write thou these words: for after the tenor of these words I have made a covenant with thee and with Israel. [28] And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments. [29] And it came to pass, when Moses came down from mount Sinai with the two tables of testimony in Moses' hand, when he came down from the mount, that Moses wist not that the skin of his face shone while he talked with him. [30] And when Aaron and all the children of Israel saw Moses, behold, the skin of his face shone; and they were afraid to come nigh him.

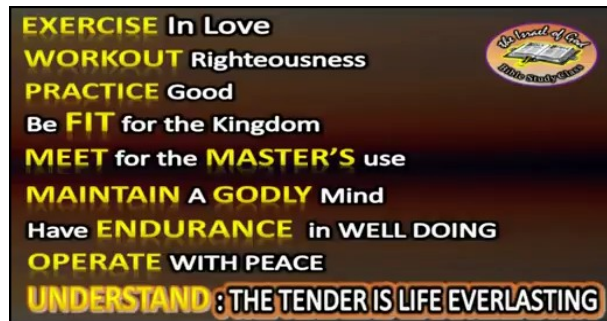
Notes:

- Tenor of these words = the Ten Commandments
- Covenant = agreement, contract, promise, pledge
- Moses' face shone because he was in the presence of God and started to take on a spiritual form.
- Those of us that are spiritually fit can help those that are not.

2 Corinthians 3:7-8, 11-14 But if the ministration of death, written *and* engraven in stones, was glorious, so that the children of Israel could not stedfastly behold the face of Moses for the glory of his countenance; which *glory* was to be done away: [8] How shall not the ministration of the spirit be rather glorious? **11** For if that which is done away *was* glorious, much more that which remaineth *is* glorious. [12] Seeing then that we have such hope, we use great plainness of speech: [13] And not as Moses, *which* put a vail over his face, that the children of Israel could not stedfastly look to the end of that which is abolished: [14] But their minds were blinded: for until this day remaineth the same vail untaken away in the reading of the old testament; which *vail* is done away in Christ.

Notes:

- New Testament = New Covenant
- Ministration of death = Our lives (We are born and then we die).
- That which remaineth = Spirit being
- That which is to be abolished = flesh & blood
- Spirit = Word of God
- Ministration of the Spirit = Immortality
- Flesh and blood will be done away with and what will be left is 'SPIRIT', which is the end result of MAN.



Luke 9:59-62 And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father. [60] Jesus said unto him, Let the dead bury their dead: but go thou and preach the kingdom of God. [61] And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at my house. [62] And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.

Notes:

- The dead = spiritually dead people
 - Let the spiritually dead bury the physically dead.
- Kingdom of God = New Jerusalem
- Once you decide to follow God, you must do so wholeheartedly, without doubt or looking back to your old life.

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