

**A Spiritual Fitness Program**  
**I Timothy 4:8**

Physical exercise profits some. Spiritual exercise profits more.

\* If you spend more time in an exercise routine than you are in your devotions, your priorities are out of balance.

I Peter 3:4

\* Christianity is not seasonal, it's daily.

Acts 2:46 – “They continued daily . . . “

\* Our exercise program is D. A. I. L. Y.

D = \_\_\_\_\_

I. The \_\_\_\_\_ for devoting time to God's Word each day  
(Acts 17:11).

o They \_\_\_\_\_ the Word with a ready mind.

o They \_\_\_\_\_ the Word with a studious mind.

II. The \_\_\_\_\_ for devoting time to God's Word each day

o Resources available:

III. The \_\_\_\_\_ for devoting time to God's Word each day.

o It will result in \_\_\_\_\_

o It will result in \_\_\_\_\_

o It will result in \_\_\_\_\_

o It is possible that we could fall in 2010.

**Godliness is not an accident, and it doesn't ever come without effort.  
You must exercise to obtain it!**