

A Spiritual Fitness Program
I Timothy 4:8

D = Devote time to the Word of God each day.

A = _____

Luke 8:9 “Men ought always to _____ and not to _____ .”

I. The _____ for daily prayer.

Some causes for fainting:

- 1. _____ Mark 6
- 2. _____ Galatians 6:19
- 3. _____ Hebrews 12:3
- 4. _____ Hebrews 12:5

II. The _____ of daily prayer.

Get to know _____

Effectively _____

A way to _____

Get the strength and direction to _____

III. The _____ of daily prayer.

Some suggestions to help your exercise routine:

- 1.
- 2.
- 3.
- 4.
- 5.

IV. The _____ for daily prayer.

Seven suggestions for a successful prayer workout.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Remember to exercise for godliness D. A. I. L. Y.