

Working on a F.I.T. Body

1. Faithful
2. Involved
3. Trained

I. Faithful in the Body of Christ

A. Universal Body - 1 Corinthians 12:13 ¹³ For by one Spirit we were all baptized into one body, whether Jews or Greeks, whether slaves or free, and have all been made to drink into one Spirit.

B. Local Body

1. Plan to Be Fit
2. Commit to Be Fit
3. The Standard for Spiritual Fitness

2 Corinthians 5:14–17 ¹⁴ For the love of Christ compels us, because we judge thus: that if One died for all, then all died; ¹⁵ and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again. ¹⁶ Therefore, from now on, we regard no one according to the flesh. Even though we have known Christ according to the flesh, yet now we know *Him thus* no longer. ¹⁷ Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

2 Corinthians 3:18 ¹⁸ But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

II. Involved in the Body of Christ

- A. Membership
- B. Ministry
- C. Mission

III. Trained to the Body of Christ

Ephesians 4:11–14 ¹¹ And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, ¹² **for the equipping of the saints for the work of ministry, for the edifying of the body of Christ,** ¹³ till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; ¹⁴ that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting,

Equip- means “to complete”; it is to have all the tools you need to be successful.

Conclusion-

1. Do you consider yourself spiritually fit? How could you specifically improve your spiritual health in 2020?
2. In what ways do you feel God wants you to be involved and active?
3. What area of training do you feel would help you the most in improving your service?

2020 – Working on a F.I.T. Body

I, _____, want to be F.I.T. (Faithful, Involved, Trained), because I want the local body of Christ to be healthy. As a member of the Body of Christ, I know that being FIT just doesn't happen. I need to be intentional to be a FIT member. I will commit myself in 2020, to work towards becoming FIT individually, so our church can be FIT together in glorifying our Lord.

Name _____

Signature _____

Email _____

Text # _____

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