“**THERE’S AN APP FOR THAT”**

**Psalm 119:11(KJV)**

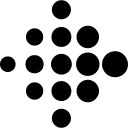
“**11** **Thy**[**word**](https://www.biblestudytools.com/interlinear-bible/strongs/?t=kjv&ll=h&sn=0565)**have I**[**hid**](https://www.biblestudytools.com/interlinear-bible/strongs/?t=kjv&ll=h&sn=06845)**in mine**[**heart,**](https://www.biblestudytools.com/interlinear-bible/strongs/?t=kjv&ll=h&sn=03820)**that I might not**[**sin**](https://www.biblestudytools.com/interlinear-bible/strongs/?t=kjv&ll=h&sn=02398) **against thee.”**

**fitbit iconWHAT’S IN YOUR FITBIT**

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**FitBit is a physical activity tracker designed to help you become more active, eat a well-rounded diet,**[**sleep**](https://science.howstuffworks.com/life/inside-the-mind/human-brain/sleep.htm)**better and ultimately, turn you into a healthier human being. . Throughout the day, FitBit logs a range of data about your activities, including the number of steps you take, distance traversed and**[**calories**](https://science.howstuffworks.com/dictionary)**burned. At night, you can slip the FitBit into a wristband so it can monitor your sleep quality. Spiritually, I believe that even when we are not monitoring our daily data of activities or thoughts, or how we are treating one another, or what crushing words we used to destroy the spirit of someone else, God is constantly monitoring the fitness of our hearts.**

* **fitbit icon Psalms 139:23-24 (NIV)**
* **Jeremiah 17:9-10 (NIV)**



* **fitbit icon Matthew 12:34-37 (NIV)**

# The Fitbit app has many tracking tools that you can use for every part of your day. Mobile Run enhance runs, walks and hikes by using the Fitbit app on your smartphone to track pace, time and distance. Exercise Sharing allows you to share a view or a selfie once you have reached the peak of your workout. God is tracking our running to his assignments and our running from his assignments. At the same time God wants to know how much of your testimony or God’s word are you sharing with others?

* **Jonah 1:1-5 (NIV)**
* **Jonah 3:1-4 (NIV)**
* **2 Kings 5:10-12 (NIV)**
* **Acts 10:23-27 (NIV)**

# You can use your Fitbit tracker to record workouts or log them in the app, then see all your exercise stats, their impact on your overall day, and how your performance is improving. God can track your prayer life, your spiritual growth, your study time, and your spiritual walk on a daily basis as well.

* **2 Chronicles 7:14 (KJV)**
* **James 4:3 (NIV)**
* **James 1:2-8 (NIV)**
* **2 Timothy 2:15 (KJV)**
* **2 Corinthians 5:7 (NIV)**

**Just as the FITBIT App will regularly log your water intake before workouts or throughout the day, and help keep your calorie intake in check, and get nutritional insights by logging meals with the barcode scanner. God expects us to stay hydrated and properly fed with the nutritious diet found in his Word, as we go through our daily work out routines. To stay spiritually in shape and spiritually fit we must consider there is a difference in the information the world will have us log into our hearts, and what God expects to find as he daily monitors our spiritual wellness and health.**

* **John 4:7-14 (NIV)**
* **Galatians 5:19-21 (NIV)**
* **Psalms 1:1-3 (KJV)**
* **Psalms 34:8 (KJV)**