

# **JANUARY DEVOTIONAL**

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### **Spiritual Fitness**

Put on the whole armor of God that ye may be able to stand against the wiles of the devil. –Eph.6:11

We talk a lot about the importance of staying physically fit, but what about the health of your spirit? The Apostle Paul, in his letter to his young assistant Timothy wrote: “Exercise yourself toward godliness” in 1 Timothy 4:7. The Apostle Paul compared physical fitness with spiritual fitness. “Take time and trouble to keep yourself spiritually fit. Bodily fitness has a certain value, but spiritual fitness is the essential both for this present life and the life to come (1 Timothy 4:8). God wants us to live out our faith daily. We do this by incorporating spiritual disciplines and practices as taught in scripture exercising your faith. Spiritual fitness results when we are led by the Spirit of God and not by the flesh. As we grow in learning, studying and understanding more about God, we experience first-hand how Christ can empower us to carry out His Work. We begin to serve by using our spiritual gifts, talents, skills and/or passions to glorify God. Spiritual fitness results in daily devotion in God’s Word, fellowship with others, with prayer and supplications which give us the tools that will stand during the test of time. Being physically fit is crucial to our healthy living by eating nutritious foods and exercising but it is even more important that we stay spiritually healthy that offers benefits for now...in this life and for eternity.

**“You, therefore, my child, be strong in the grace that is in Christ Jesus” (2 Timothy 2:1).**