FIT...

for what?

A few words to you about
***Spiritual** Exercise*

Most people care about their health and physical fitness. Medical experts constantly tell us to get more physical exercise for the sake of our health. They encourage us to think more about our diets, and to avoid unhealthy foods and habits. It seems there's no end to the advice about how to live healthier, fitter, longer lives.

But there is something that is even more important - ***the fitness of our souls***.

We not only have bodies, which we should care for as best we can, but we also have souls which will outlive our present bodies. There will come a time when every one of us will have to give account to God for how we have lived.

Paul, the apostle, lived in a very 'sport conscious' age, just like today. In some of his letters he referred to the sporting and athletic events being held at that time.[1] Paul was interested in sport, but it was not the most important thing in his life. He summed up his attitude by saying:

> *For bodily exercise profits a little, but godliness is profitable for all things, having promise for the life that now is, and also for that which is to come.*[2]

Paul kept things in perspective. Bodily exercise is certainly useful because it helps us enjoy our lives on earth. But it only 'profits a little' because it can never bring eternal life and happiness.

You should be concerned about your eternal condition. So ask yourself two vital questions:

1. **What is God's standard of 'spiritual fitness'?** and
2. **How can I measure up to that standard?**

The Bible shows us that God's standard is very high. He is perfect, and He can accept nothing short of absolute moral perfection in us. Never, in all your life, is a single immoral thought or angry temper or act of selfishness permitted. Even more than that, God's standard requires you to do everything for His glory, and to love Him more than anything or anyone else. This requirement is summed up in 'The 10 Commandments'.[3] It goes without saying that we all fail to meet this standard, and we will continue to fail no matter how hard we try.

Our case seems to be hopeless. No matter how tough we make our spiritual exercises, we will fail the test. God's standard is far beyond us. We are completely unfit for God. We could more easily run a marathon in a minute than make ourselves fit to live with God for eternity.

But there is a way - and only one way - for us to be made fit for God. Jesus Christ has died so that all those who trust in Him are not judged because of their own unfitness, but are accepted by God because of Christ's perfect life and sacrifice.

If you hope to go to heaven on account of your own good life, or your acts of charity, be assured your efforts will fail.[4] Not even religious rites and ceremonies will be sufficient to overcome your sins. But if you acknowledge that even your best thoughts and actions are not good enough for God, and you trust entirely in the Lord Jesus Christ to take away all your sins through His death then, the Bible tells you, you cannot fail to please God.[5]

> *Please, spend as much time thinking about your **SPIRITUAL CONDITION** as you do about your physical health and fitness.*

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If you do not have a Bible, please contact us and we will send a copy to you free and without obligation.

(1) You can find some examples in 1 Corinthians 9:24-27; Galatians 5:1; Philippians 2:16; Philippians 3:13-14 and 2 Timothy 4:7-8

(2) 1 Timothy 4:8

(3) Exodus 20:3-17; Matthew 22:37-39 and James 2:10

(4) Isaiah 64:6-7; Galatians 2:16 and Titus 3:4-7

(5) Romans 8:1