

# A Spiritual Fitness Test

Take this physical fitness test: 1. Do five push-ups. 2. Do ten sit-ups. 3. Touch your toes ten times. 4. Do three pull-ups. 5. Run around the outside (or inside) of your house three times without stopping. Do this every day, and you will probably stay physically fit.

Here's a spiritual fitness plan: 1. Read your Bible and think about what God says. 2. Spend time in prayer every day. 3. Pray for others who need special help. 4. Do at least one loving thing for someone each day. 5. Try to please God in everything you do.

In 1 Corinthians 9:24–27 Paul writes about athletes who train hard. The athletes don't just want to be fit. They want to win! Use the five spiritual fitness steps to train yourself spiritually.

# Live It!



**1 Corinthians 9:24–27**