

FIVE BASIC SPIRITUAL EXERCISES

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FIVE BASIC SPIRITUAL EXERCISES

1.SING PRAISES TO GOD

1. You obey God *Col. 3:16*

2. You are spiritually strengthened for trial. *Acts 16:15*

3. You build up others
Eph 5:19; Colossians 3:13-16

FIVE BASIC SPIRITUAL EXERCISES

1.SING PRAISES TO GOD

**4. You walk a God-designed
pathway to joy: *Psalms 5:11;
Psalms 9:2; Psalms 51:14;
Psalms 59:16; James 5:13.***

**5 . You glorify God:
*Ephesians 5:19; Revelation 7:9-10***

FIVE BASIC SPIRITUAL EXERCISES

2. READ THE WORD OF GOD

**1. It's How God Reveals His
Character** *Exodus 34:6-7*

**2. It Gives Instruction
for Daily Life**
2 Timothy 3:16

FIVE BASIC SPIRITUAL EXERCISES

2. READ THE WORD OF GOD

3. It Teaches You How to Pray

Luke 11:1-4

4. It Is Full of God's Promises

Deuteronomy 31:8

5. It Explains the Gospel

John 3:16 ; Romans 6:23

FIVE BASIC SPIRITUAL EXERCISES

3. SPEND TIME IN PRAYER

1. Forgiveness from God

- Acts 8:22

2. Peace from God

- John 14:27

3. Strength from God

- Isaiah 40:31

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3. SPEND TIME IN PRAYER

4. Opportunity from God

- Col 4:3

5. Boldness from God

- Eph 6:19-20

6. Wisdom from God

- James 1:5-6

7. Healing from God

- James 5:14-16

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4. FELLOWSHIP WITH BRETHREN

1. Unity in Christ

-2 Peter 3:18; Col.3:16

2. Encouragement and Support:

**-1 Thes. 5:11; Gal. 6:2;
Heb.3:13**

3. Growing Together;

-2 Peter 3:18; Col. 3:16

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5. DOING GOOD WORKS

1. We are not saved by good works

- Eph 2:8-9

2. But we are created in Christ for good works -Ep 2:10;

3. We are to be fruitful in every good work - Col 1:10

4. We are not to grow weary in doing good - 1Co 15:58; Ga 6:9-10

FIVE BASIC SPIRITUAL EXERCISES

CONCLUSION:

- a. Sing Praises to God**
- b. Read The Word Of God**
- c. Spend Time In Prayer**
- d. Fellowship With Brethren**
- e. Do Good Works.**

FIVE BASIC SPIRITUAL EXERCISES

CONCLUSION:

....train yourself to be godly.
“Physical training is good, but
training for godliness is much
better, promising benefits in
this life and in the life to
come.”- 1Tim 4:7b-8 NLT

THANK YOU
&
GOD BLESS YOU!