

**SPIRITUALLY FIT IN 2008**

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**GOAL**

**ROMANS 8:29**

... to be conformed to the image of His Son

**HEBREWS 12:2**

Looking unto Jesus, the author and finisher of our faith;

**1 PETER 2:21**

...leaving us an example, that ye should follow his steps

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**STRENGTH**

**PHILIPPIANS 4:13**

**ISAIAH 40:31**

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk and not faint.

**EPHESIANS 3:16**

That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man

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**REST**

**MATTHEW 11:28-30**

**Burdens and rites of old law  
Sinners wearied with iniquity  
Penitents burdened with guilt  
Believers tempted and oppressed with world**

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**EXERCISE**

**I TIMOTHY 4:7-8**

**But refuse profane and old wives fables, and  
exercise thyself rather unto godliness. For  
bodily exercise profiteth little, but godliness  
is profitable unto all things, having the  
promise of the life that now is and that  
which is to come.**

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**COMMITMENT**

**ROMANS 12:1-2**

**PHILIPPIANS 2:12,13**

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**DISCIPLINE**

**2 CORINTHIANS 10:5**

Casting down every imagination, and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ.

**1 CORINTHIANS 9:27**

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

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**NOURISHMENT**

**JOHN 6:35**

I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

**1 PETER 2:2**

As newborn babes, desire the sincere milk of the word that ye may grow thereby;

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**PERSERVERANCE**

**JAMES 1:2-4**

**MATTHEW 10:22**

And ye shall be hated of all men for my name's sake; but he that endureth to the end shall be saved.

**JAMES 1:12**

Blessed is the man that endureth temptation for when he is tried, he shall receive the crown of life which the Lord hath promised to them that love him.

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