

Bible Detectives

Case 4

“The Fitness Mystery”

Introduction

What do you do to be physically fit?

_____	jumping jacks	_____	sit-ups	_____	jog
_____	walk	_____	aerobics	_____	exercise
_____	sports	_____	watch what I eat	_____	take vitamins
_____	run	_____	Frisbee	_____	golf
_____	lift weights	_____	chin-ups	_____	bike
_____	_____	_____	_____	_____	_____

Athletes – such as a football players or baseball players – must be physically fit in order to excel at their sport. We expect them to work at maintaining and improving their strength, flexibility, quickness, and endurance. An athlete that neglected his physical fitness would not be very successful. Therefore, most athletes have a physical fitness training program.

The Mystery

As a Christian, do you need to be spiritually fit? Is there a spiritual fitness program that you can follow? How can you access your spiritual fitness?

Just the Facts (To Be Completed by Detective)

Read 1 Timothy 4:8

- **Who** wrote this? _____
- **Who** was it written to? _____
- **Who** does it apply to? _____
- **What** is taught? _____

- **When** is physical training valuable? _____
- **When** is godliness (spiritual training) valuable? _____

- **Which** is more valuable: physical training or spiritual training?
 _____ physical training
 _____ spiritual training

Read 2 Peter 1:5-8

- **Who** wrote this? _____
- **Who** was it written to? _____
- **Who** does it apply to? _____
- **What** should we start with? _____
- **Who** or what is that faith to be in? _____
- **What** should we add to it?
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
- **What** is the benefit of improving spiritual fitness? _____

Read Galatians 5:22-23

- **What** are the “fruits of the spirit”?
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
- **How** can you know if you are spiritually fit? _____

- **Where** do these fruits come from? _____
- **Who** is responsible for adding them to our life? _____

Conclusions

Use a dictionary to define these words. (If you use a translation that uses different words in 2 Peter 1:5-8, substitute those words here.) Talk about what these words mean and “look like” in real life.

1. faith _____

(See also John 14:1; Hebrews 11:1)
2. goodness _____

3. knowledge _____

4. self-control _____

5. perseverance _____

6. godliness _____

7. brotherly kindness _____

8. love _____

Based on what you’ve learned, answer the following questions.

1. As a Christian, do you need to be spiritually fit? _____
2. Is there a spiritual fitness program that you can follow? _____

3. How can you assess or evaluate your spiritual fitness? _____

The Inspector’s Conclusions (To Be Verified by Detective)

God tells us through Paul that spiritual fitness is important. Paul writes that godliness is valuable both today and in the life to come. That is, it can benefit you now and forever. Spiritual fitness is important to a Christian.

God tells us through Peter that the starting point of our spiritual fitness is “faith”. By this, he means faith in Jesus Christ for the forgiveness of our sins and reconciliation with God. (This study isn’t a study on becoming a Christian, or a follower of Christ. However, additional resources are available if you have questions about this.)

Once we have faith – once we become a follower of Jesus – then we are given a roadmap that will help us grow to be spiritually fit. As we continue to become more spiritually fit, God promises that our ministry will be effective. Interestingly, we’re not told that we must be a “super Christian” in order to be effective. Instead, we must only be growing *more* fit.

A spiritually fit Christian will also see the fruits of the spirit in his life more and more often. If we don’t see much difference in our life today than last year, then perhaps we’re no longer growing *more* fit.

There are several activities (or “disciplines”) that can help us in our quest for spiritual fitness. These include:

- Bible study
- Prayer
- Receiving solid Bible teaching
- Serving others
- Humility

Can you think of others?