

Three Kinds Of Fitness

"And Jesus said unto him, No man, having put his hand to the plough, and looking back, IS FIT for the kingdom of God."

Luke 9:62 (KJV)

7 here are three kinds of fitness that I want to discuss in this book. The first is physical fitness, the second is academic fitness and the third is spiritual fitness.

If you have ever been to a fitness center, you have most likely seen people getting their bodies in shape. They were probably jogging or lifting weights in order to tone and strengthen their muscles. They were becoming fit physically. In America, people spend tens of thousands of dollars becoming physically fit.

There is also academic or educational fitness that some choose to develop. There are people who live their whole lives as professional students. They are continually conditioning their intellect to work in a certain type of career. They'll spend thousands of dollars to have somebody teach them about a certain subject so they can be fit enough to work effectively in that career. But there's a third kind of fitness that needs to become a part of our everyday life. It's called: *spiritual fitness*.

A few years ago, the Holy Spirit spoke to me and said, *"There is a divine fitness that we must develop in order to carry and walk with what God has given."* We must develop "spiritual fitness" so our inner man can carry the anointings that God is pouring out in these last days.

Spiritual Fitness Determines Success

How To Get Your Spirit In Shape And Keep It

Ellen Shepard



How To Get Your Spirit In Shape And Keep It:

Getting In Shape God's Way Ron Kardashian, 2012-01-09 Fitness and Health From the Inside Out If you are dissatisfied with the results you are getting from your diet and exercise program Getting in Shape God's Way will give you the tools you need to turn things around today Learn the four simple keys to making everything else proper nutrition exercise and other health principles really work as you gain the wisdom and tools you need to Find the real reasons behind your diet and fitness roadblocks Transcend old ways of thinking Motivate yourself so that you will never give up Achieve results that will last a lifetime

Let the Spirit Shape Your Ministries David S. Luecke, 2023-03-22 Traditional mainline churches have been in decline for fifty years as their church energy continues to seep away What are the options to regain vitality Pastor Luecke thought for years that better administration was the answer But the problem is deeper Our Reformation heritage left us with a very weak practical theology of the Holy Spirit confining him mostly to the Creeds We don't have a hands on understanding of how he makes a difference in church life today We can find that by appreciating how central the Spirit was to Paul's leadership This collection of Reflections comes in two parts The first highlights how the Spirit works today based on Paul's insights It outlines how personal growth in the Spirit can happen Church leaders cannot take others to where they personally have not been before The second part is organized around Martin Luther's explanation of the four functions of the Holy Spirit He calls gathers enlightens and sanctifies God's people The Spirit is the leader of ministry teams We need to learn how to follow

Spiritually Fit Janice M. Gibson, 2011-10-21 Strong spirits overcome Scrawny spirits are overwhelmed Strong spirits stand steady in any waters Scrawny spirits ride the waves of inconsistency Strong spirits breathe with satisfaction and fulfillment Scrawny spirits pine for rejuvenation Just as our bodies need exercise to stay in strong physical shape our souls need spiritual exercise to stay in top working condition Keep your soul in shape with these thought provoking spiritual exercises based on Psalm 105 designed to fit into your daily routines You'll build a stronger spirit and move closer to God's perfect plan for you Get spiritually fit And how do you benefit if you gain the whole world but lose your soul in the process Is anything worth more than your soul Matthew 16:26

Rebuilding Your Self-Esteem Nelly Kouh Bama, 2022-04-05 Rebuilding your self esteem is an inspirational piece which is designed to help individuals struggling with a low self esteem The truth is if you don't feel great about yourself no one will If you don't feel good you can't accomplish much There are dreams in your heart which you'll never realize unless you face the giant of a low self esteem In an age where social media defines people's self worth so many go on day by day living a lie It's time to identify this disease which is killing so many dreams causing many not to live fully This book will not only help you discover your self worth but also give you practical steps to help you on your journey to rebuilding your self esteem redefining your self worth and emotional healing It is never too late to look within and discover your true value My desire is to see you rise out of the dust and own your uniqueness There are rich deposits within you The world is waiting for that talent you are holding onto So rise up stand tall and become all you

were designed for **A River in the Desert-RIGHTS REVERTED** Ellen Shepard,2011-07-19 A collection of retreats for women s groups Various retreat models and options are provided including one day retreats weekend retreats retreats based on books and retreat options for groups including children and or all family members Retreat topic **Reach Your Weight Loss Destiny and Keep Your SKINNY Victory!** Bernita Scott Weston,2012-10 In 2005 she weighed in at 246 pounds and was labeled clinically obese Not long after she was diagnosed with hypertension Feeling both defeated and deflated it was time to live healthy Many years of eating the wrong foods lack of exercise and nutrition finally caught up with her After seeing a research study that 95 to 97 percent of people who lose weight gain it back plus more within 2 to 4 years she was determined to beat the odds With extensive research education trial and error and nearly 2 years later she loses 96 pounds and is taken off of blood pressure medication for good Keeping the weight off now for nearly 6 years she has proven that statistics don t dictate her future She shares the real reason for obesity and why many people struggle keeping the weight off

The Awakening of Your Soul Latifah A. Hameen,2008-10-31 Inspirational Illuminating Insightful I express a lot of my heartfelt emotions through my poetry I reach deep within and pull out so much of myself My poems are thought provoking and they encourage the readers to go within and wake up the sleeping soul Otherworld Chris Allaun,2020-11-27 In this book Chris Allaun provides us with a wonderful road map of the different routes into the places that exist outside of time space and the five senses as we know them He has also given us some valuable tools and techniques for using them This is a delightful inspiring and enjoyable read Rev Angie Buchanan Senior Clergy of Earth Traditions Certified Death Midwife Otherworld Ecstatic Witchcraft for the Spirits of the Land is about establishing relationships with the spirits of the land Many books talk about Faeries but this book not only teaches about the Elves and Faery folk but also how to have a working relationship with the spirits of plants animals and the land itself Otherworld also teaches how to perform animal magick including shapeshifting for magick healing and establishing a deeper connection with animal spirits and discusses ecstatic trance techniques that will help practitioners work with the land spirits in a deep and profound way **How to Get Your Spirit in Shape** Roberts Liardon,1999 **The One Year Devos for Girls** Children's Bible Hour,Tyndale,2012-09-18 Both boys and girls will be eager to read these devotionals created just for them from the same people who created the One Year Book of Devotions for Kids 1 3 A variety of themes relevant to today s elementary school age boys and girls will encourage and challenge them to personalize lessons from Scripture FEATURES 365 daily devotionals Bible passages to set up each day s theme A contemporary story to apply each passage to today s boys and girls Daily memory verse Key for each devotional summarizing the application Complete topic Scripture reading and memory verse indexes *Satisfying the Soouull* Evangelist Dee Carlisle,2013-05-23 This book brings your heart and mind into focusing on those unwise choices that can hinder or detour your personal progress and causes you to make destiny decisions that should have been only an experience Relationships marriage singles wanting to feel complete struggling to get there but using the same methods that failed

Everyone is talking but no ones listening Change what did not work You **Kindling the Native Spirit** Denise Linn,2015-11-03 Kindling the Native Spirit deepens your connection to the mysterious natural forces around you International lecturer and healer Denise Linn is a member of the Cherokee Nation and has gained wisdom from native cultures around the world including the Zulu in Africa the Maori in New Zealand and the Aborigines of Australia as well as Native American tribes in North America In this groundbreaking book Denise reveals the power of ancestral wisdom to uncover your authentic self and your connection to others and the earth When you ignite your native spirit your intuition and sense of self expand exponentially Gateways to spiritual realms open and life force energy fills you Denise shares much of the wisdom she s received over the years from revered teachers as well as the benefits of incorporating ancient practices and techniques into the modern day world You ll learn how to discover your true name and awaken Spirit within you connect with your personal spirit animal embark on spirit journeys and experience vision quests In addition there are step by step instructions on how to make a drum a rattle a dream catcher and your own medicine bag Denise will also help you unearth secret methods to call upon your ancestors for assistance and guidance learn how to shape shift tap into your ability to call animals plants and Spirit harness the power of the medicine wheel to bring healing and wholeness and much more Ignite your native spirit within and enter a wondrous realm of profound visionary experiences Look Great, Feel Great Joyce Meyer,2008-11-04 The bodies God gives are instruments for experiencing a fulfilling life on earth for doing good works for spiritual development To do the work individuals are meant to do they need to keep in shape They must maintain a sound mind body and soul Yet in the modern world it is all too easy to let one two or all three of these slip LOOK GREAT FEEL GREAT presents Joyce s twelve key plan to address the epidemic of self esteem drought that appears to be a factor in perpetuating habits that create poor health Additionally Joyce will provide helpful resources like the Ounce of Prevention Checklist for self maintenance Keeping Spiritual Balance as We Grow Older Molly Srode,Bernie Srode,2004 Each of us is a citizen of two worlds the spiritual and the physical As we age and face new demands on our bodies illnesses limited mobility loss of vision or hearing it is easy to focus on only the changes to our physical bodies and forget about the transformations our spiritual selves are going through Keeping Spiritual Balance As We Grow Older guides readers through readings and practical exercises that reintroduce them to their spiritual side Addressing specific issues connected with aging Molly and Bernie Srode demonstrate how the power of spirit can help overcome the obstacles of old age Written for religious and non religious readers alike Keeping Spiritual Balance As We Grow Older is a unique and inspiring guide to achieving healthy stability later in life **How I got fit by learning to swim** Antonio Loglisci,2014-08-07 I wanted to write this book to give hope and motivation to those who think they should be doing sports but for one reason or another they haven t successfully begun In a practical and ironic style I told how from total inactivity I succeeded in reaching competitive levels staying highly motivated even after the bitterest losses Here s the reason why in addition to my personal story I wanted to

insert a substantial analytical motivational section complete with examples anecdotes and practical exercises I like to say that finally a book has been written by a common swimming pool participant who for health reasons found himself having to learn to swim as a grown up facing the typical sports learning difficulties faced by adults How I got fit by learning to swim is a varied book funny and most of all useful Wisdom Crieth Out! Demetrice M. Gates ,2013-07-24 Wisdom Crieth Out is a book for everyone It is not bias nor prejudice If inspiration is what you are looking for look no further it has all the inspiration you need Built Different Gabe Poirot,2022-12-20 Ain t nobody got time for boring Christianity With 1 7 million followers on TikTok Gabe Poirot has brought the gospel to life with funny thoughtful and honestly pretty random videos that are now making an impact in a 90 day devo God didn t create you to be basic When He shoots He never misses He created you to be BUILT DIFFERENT Unlike *The Metaphysical Divine Wisdom Collection* Kevin Hunter,2019-07-20 The Metaphysical Divine Wisdom Collection is a collection of six books from the Metaphysical Divine Wisdom series of books from spiritual author Kevin Hunter All of the books in the series are available in this one gigantic volume for those interested in having the content in one large book rather than individually In this non denominational collection Kevin Hunter blends the varying facets of the spiritual and the physical in a manner that is easily digestible for those interested in a primer to the spiritual metaphysical philosophical and body mind spirit genres The eclectic blend of topics discussed can appeal to anyone struggling in their Earthly life and seeking spiritual enlightenment inspiration wisdom and guidance The six books from the Metaphysical Divine Wisdom series include Psychic Spirit Team Heaven Communication Soul Consciousness and Purpose Manifesting Fearless Assertive Confidence Balancing the Body Mind and Soul Increasing Prayer with Faith for an Abundant Life and Universal Physical Spiritual and Soul Love Spiritual metaphysical author Kevin Hunter is a lifelong psychic and Divine communicator having written and published dozens of spiritually based books to help others on their quest for spiritual fulfillment mixed with the practical Considered vastly distinctive in the spiritual genre due to his radically assertive no nonsense direct way of communicating he has brought in a fellowship of readers from all over the globe that have gravitated towards this authenticity This confidence he asserts is thanks to God and his Spirit team The Metaphysical Divine Wisdom Collection contains 700 pages of material The paperback edition is a larger sized book that can work as a coffee table book spiritual reference guide or Divine oracle In Psychic Spirit Team Heaven Communication the focused topics surround psychic related discussions This includes fine tuning your soul for stronger psychic reception psychically connecting and other psychic related wisdom communicating with the Divine the core psychic clair senses picking up on heavenly input psychic insights psychic accuracy psychic timing how much your Spirit Team knows blocking Divine guidance the power of your sensitivities psychic spirit team communication the author s channeling process spirit guides and angels connecting with the tarot and much more Soul Consciousness and Purpose looks at the many areas that one s physical and spiritual life all play a big part in the evolving nature of your soul s consciousness which is connected to your life missions

and purposes Some of the topics discussed include Opening the pathway to divinity knowing when your soul is transforming and evolving awakening your creative consciousness soul contracts life purposes healing and transformation soul groups and earth angels the earthly birth the soul and spirit the higher self soul growth through grief soul growth through health issues soul growth through relationships soul growth through work and career soul growth through superficiality soul growth through emotional healing the human influences on the soul consciousness and much more Manifesting Fearless Assertive Confidence is a motivational and inspirational practical spiritual guide to propel you bravely forward into fearless assertive confidence on your soul s Earthly physical and spiritual journey Some of the topics discussed include Combatting Fear Standing in your Divine Soul Power Stomping Out the Darkness of Fear Gossip and Anger Identifying Blocks to Abundance and Blessings Becoming the Chief Executive of Your Life Optimistic Visualization Getting Enthusiastic Taking Action Partaking in Pleasing Work Being Worthy and Deserving of Blessings Awakening Your Creative Spirit Rising into Creative Confidence Balancing Selfishness Selflessness Assertiveness Stepping into your Soul s Authority and much more Balancing the Mind Body and Soul is to help cultivate all aspects of the core parts of your physical spiritual and consciousness make up When all three are blended in harmony then the greater heights one can achieve in life both physically and spiritually Some of the topics discussed include Raising Your Soul s Energy Vibration Firing Up Your Inner Child Nature s Therapy Elevating the Mind Body and Spirit Expanding Your Consciousness Detoxifying Your Soul Clearing the Chaos Within and Around you Fitness and Exercise Watching What You Eat and Drink Soul Cleansing to Motivation Gossip Machine to Centered Light Balancing Your Inner Spirit Rising Above the Mundane and Into the Divine Cord Cutting Shielding Grounding Vibrational Uplift Balancing of Masculine and Feminine Energies Finding that Blissful Happy Place and much more Increasing Prayer with Faith for an Abundant Life is a non denominational book open to all people from different walks of life needing a strengthening of faith with a focus on the power of prayer Some of the topics discussed include The Power of Prayer Being Vigilant with Prayer and Affirmations Asking for Divinely Guided Angelic Help Turning Prayers Into Manifestation Creating an Abundant Life with Faith Increasing Faith to Accomplish Achieve and Persevere Complaining Into Abundance Taking Action on Divine Guidance Having Gratitude and Optimism The Significance of Spirituality Spirit Is In Your Corner The Commanding Function of Prayer Divine Assistance Spiritual Text Reminders on Faith and Prayer and much more Universal Physical Spiritual and Soul Love examines one of the most powerful vibrations that exists and that is love In this there are divinely guided discussions on what it means to display Universal love and spiritual love There is a heavy emphasis on the connection nature between souls from the karmic to soul mates and twin flames before devoting a good chunk on the practical which is of great interest in the physical world Some of the other topics also discussed include It s All About Love Creating the Life You Love Self Love and Self Care Karmic Soul Connections Soul Mate Soul Connections Twin Flame Soul Connections The Benefits and Challenges of Technology Dating Single and Longing for a Relationship Love and Relationships

Love is a Battlefield Seeking Love Through External Validation Divine Soul Love Love Yourself Back to Life Bring Out the Good Vibrations Universal Spiritual Love and much more **Fellowship in the Spirit** Gene Markland, 2014-11-28 Before the fall of man when Adam walked in fellowship with God in the Garden of Eden he experienced God's glory with a spiritual connection He had a perfect relationship with God and saw Him face to face When Adam disobeyed God and fell everything changed He died spiritually and his connection to the spirit realm of God was severed With his spiritual eyes now closed he was left with a soul and a body of flesh Adam's ability to see into the spirit realm was gone and the glory that had rested upon his physical body was gone as well In this book you will see what fellowship in the Spirit is and how God has restored this relationship with His children God wants us to know Him personally not just know about Him He wants a face to face relationship with us You are invited to see and experience what spiritual life in the presence of God can be **Bulletin** Östasiatiska museet, 1975

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