

5BX Spiritual Fitness Plan



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~ 1 Timothy 4:7-8



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Five Basic Exercises For Spiritual Fitness

1. Read The Word Of God **1Pe 2:2; Ps 1:1-6; 19:7-11**
2. Spend Time In Prayer **He 4:14-16; Ph 4:6-7; Co 4:2**
3. Sing Praises **He 13:15; Ep 5:19; Co 3:16**
4. Fellowship With Brethren **He 3:12-14; 10:24-25; Ac 20:7**
5. Do Good Works **Ep 2:10; Ti 2:11-14; Ga 6:9-10**
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