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Spiritual Fitness

C H A L L E N G E

article: David L. Holmon | photos: TIC Media Group

The results are in, and it's time to find out who is going to Heaven and who is going somewhere else.

Ok, it wasn't quite that kind of challenge, or the big Judgment Day—although that would be a great reality show concept. No, the 2007 Spiritual Fitness Challenge was not about judging participants or a trip to Disneyland at the end; it was a way to do a self check-up on how we look spiritually in the eyes of God. Five churches in the St. Louis area came together for 40 days to take part of the 2007 Spiritual Fitness Challenge. The challenge was hosted by Pastor Steve Wingfield, Pastor Alonzo Johnson, James Turner, Co-pastor Cecilla Holloway and Pastor Robert Griffin.

Topics of discussion included: Who is that in the mirror? (Is that how I really look on the inside?), When did I last have a spiritual check-up? (Spiritual assessment), Am I suffering from spiritual burn-out? (Overworked and underappreciated), Have I been sidelined by injury? (Have I been hurt by church folks?), How do I exercise the spirit-man?, How can I benefit from a spiritual trainer? How do I journalize the progress of my spiritual journey? Will I be more committed if I have an accountability partner? I would be spiritually fit if there weren't so many hypocrites in the church! Do I need a good spiritual diet? and Lasting patterns for spiritual health.

At the end of the event, with testimony after testimony, the 2007 Spiritual Fitness Challenge demonstrated that we can hit the gym or the track every day to work out our bodies, but it's what is inside (spiritually) on which God wants us to work to be made perfect.

THEME SCRIPTURE:

Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. —1 Timothy 4:7-8



SPIRITUAL FITNESS PLEDGE PRAYER:

Father God,
 Today I hear a spiritual fitness challenge for my life.
 While physical training has some value,
 it is my spiritual health that honors You most.
 Holy Spirit, help me to see myself the way You see me,
 and make real changes that reflect You.
 Your word will be food to me,
 the right diet that will make me stronger.
 My spiritual exercise holds a promise
 for my present tense life and my life to come.
 Use others in Your church to keep me accountable
 and push me to new levels of godliness.
 If someone causes me to stumble or if I fall down all on my own,
 through You I will get back up and back in training.
 It is Christ Jesus living in me that will be my strength.
 —Amen



Above: Participants who completed the 40 days of the Spiritual Fitness Challenge were awarded a certificate of completion. **Left:** Spiritual Trainers Pastor Robert Griffin, Christian Embassy Church and James Turner, Newness of Life Church. **Top:** Spiritual Trainers Pastor Steve Wingfield, First Christian Church of Florissant, Pastor Alonzo Johnson, Tribe of Judah Christian Church and Co-Pastor Cecilla Holloway, Gospel Power Christian Church.

