

GET RIPPED!

It's nice to get physically RIPPED, but the Bible says in 1 Timothy 4:7-8 to:

"...exercise yourself toward godliness. ⁸ For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come." (NKJV)

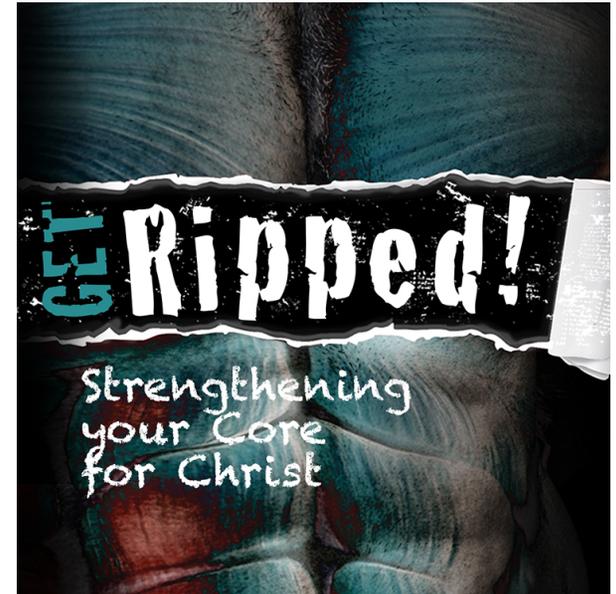
You can work out your spiritual muscles to take your RELATIONSHIP with God from low to high in a matter of weeks.

We don't promise it will be easy. You may feel the burn. You may have to push yourself. You may feel a little awkward. Don't let that discourage you. It's worth it! Give yourself permission to try. God has a plan for you. Are you ready to get ripped?



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Reference Card

HUMILITY

1Peter 5:5-8

⁵ Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, but gives grace to the humble."

⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,

⁷ casting all your care upon Him, for He cares for you.

⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. (NKJV)

- Be submissive to others (1Pet 5:5-8).
- Humble yourself (1Pet 5:6, Jas 4:10).
- Be aware of your low estate (Mat 5:3, Luke 17:10).
- Know the difference between pride and humble confidence (Jas 4:6, 2Cor 10:17-18).
- Serve others to control your flesh and satisfy your soul (Mat 11:29).

SCRIPTURE

2Timothy 3:16-17

¹⁶ All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness,

¹⁷ that the man of God may be complete, thoroughly equipped for every good work. (NKJV)

- Allow God's Word to get you back on the right path (John 17:17).
- Allow God's Word to help you resist temptation and distraction (John 8:31-32).
- Allow God's Word to fill you with joy (Jer 15:16).
- Allow God's Word to give you power in prayer (John 15:17).
- Memorize some verses for life challenges.

PRAYER

1Thessalonians 5:16-19

¹⁶ Rejoice always,

¹⁷ pray without ceasing,

¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.

¹⁹ Do not quench the Spirit. (NKJV)

- Praise God in good times and bad (Psa 34:1).
- Ask with godly motives (Jas 4:2-3).
- Pray Scripture back to God (Psa 119:78).
- Pour your heart out to God (Psa 13).
- Pray for others that God brings to mind (Php 1:3-5).
- Pray just to tell God how wonderful He is (Psa 100:4-5).

FASTING

Isaiah 58

■ When fasting, make your primary focus be getting closer to God (Jas 4:8).

■ Fast to bring yourself into **agreement** with God by removing the **static** in your life (Isa 58:8-12, 1Cor 6:12).

■ Fast to bring yourself in **alignment** to God (Isa 58:1-9, Ezra 8:21, John 4:32-24).

■ Fast to set up your **assignment** for God (Luke 2:37-38, Acts 13:2-3).

GIVING

Hebrews 13:13-16

¹³ Therefore let us go forth to Him, outside the camp, bearing His reproach.

¹⁴ For here we have no continuing city, but we seek the one to come.

¹⁵ Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.

¹⁶ But do not forget to do good and to share, for with such sacrifices God is well pleased. (NKJV)

- TIME: Make God a priority in how you use your time (Eph 5:16, Col 4:5).
- TALENTS: Let God use the abilities He has given you to serve Him and others (1Pet 4:10, Eph 2:10).
- TREASURES: God wants you to be generous with others (Heb 13:16, Luke 6:38).

SILENCE

Psalm 46:10

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! (NKJV)

- Eliminate some of the noise in your life to allow the Holy Spirit to create an inner longing for God (Psa 42:1-2).
- Schedule time to be still and know that He is God (Psa 46:10).
- Use Scripture for meditation (Psa 1, Psa 15, Psa 27, Psa 32, Psa 46, Psa 63, Psa 100, Psa 121, Psa 150).