

also available to download from the Mettle section at www.yfc.co.uk

FIT

Do you need a workout?

Resource 2: Spiritual Health Plan

	STEPS	ACTIONS	THOUGHTS, COMMENTS & BIBLE VERSES
WEEK ONE	STEP 1	Commit	
	STEP 2	Remember I am a temple of God's Holy Spirit	
	STEP 3	Begin with detoxing	
	STEP 4	Rely on the Purification of Christ	
	STEP 5	Develop meditation	
	STEP 6	Let God transform my mind	
WEEK TWO	STEP 7	Build S.M.A.R.T exercise goals	
	STEP 8	Warm up and stretch muscles	
	STEP 9	Include Cardio workout	
	STEP 10	Increase muscle tone and core strength	
	STEP 11	Develop healthy diet and nutritional balance	
	STEP 12	Focus on God's image of me	
WEEK THREE	STEP 13	Time for rest and relaxation	
	STEP 14	Remember Christianity as a team sport	
	STEP 15	Pray	
	STEP 16	Serve other	
	STEP 17	Worship with all that I am	
	STEP 18	No fear evangelism	
WEEK FOUR	STEP 19	Recognise emotional patterns	
	STEP 20	Be disciplined	
	STEP 21	Endure temptation by confronting it with truth	
	STEP 22	Overcome trials in God's strength	
	STEP 23	Celebrate your successes	
	STEP 24	No fear evangelism	

KEY	
WEEK ONE	= MENTAL FITNESS
WEEK TWO	= PHYSICAL FITNESS
WEEK THREE	= SPIRITUAL FITNESS
WEEK FOUR	= EMOTIONAL FITNESS

