



## SERMON NOTES

# **FiT: Faith Improvement Training** **It's About Spiritual Fitness, Not Perfection!**

## **BUILD MOMENTUM**

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**January 9-10, 2016**

### **How Spiritually Fit Are You?**

*Galatians 5:22-23 NKJV*

*“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”*

**How loving are you?**  
**How joyful are you?**  
**How peaceful are you?**  
**How patient are you?**  
**How kind are you?**  
**How good are you?**  
**How faithful are you?**  
**How gentle are you?**  
**How disciplined are you?**

These spiritual virtues are the building blocks of a spiritually fit life.

### **Exercise One: Build Momentum**

Getting started is one of the toughest things to do in life because it is breaking up routine. It requires us to give up our alibis, the excuses we have used to avoid responsibility.

#### **1. IMPROVE EVERYDAY**

The Japanese have a word for this: KAIZEN  
CONTINUES IMPROVEMENT on a grand scale  
EVERYBODY – EVERYDAY – EVERYWHERE – Continues Improvement!

*Daniel 6:3 (ESV)*

*3 Then this Daniel became distinguished above all the other high officials and satraps, because an excellent spirit was in him. And the king planned to set him over the whole kingdom.*

(1) a man of purpose;

Daniel 1:8 (NKJV)

8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

(2) a man of prayer;

Daniel 6:10 (NLT)

10 But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

(3) a man of perception;

Proverbs 17:27 (KJV)

27 He that hath knowledge spareth his words: and a man of understanding is of an excellent spirit.

(4) a man of power.

Daniel 6:10 (NLT)

10 But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

## **2. START SMALL**

Zechariah 4:10 (NLT)

10 Do not despise these small beginnings, for the LORD rejoices to see the work begin, to see the plumb line in Zerubbabel's hand." (The seven lamps represent the eyes of the LORD that search all around the world.)

## **3. GET INPUT**

Proverbs 19:20 (AMP)

Hear counsel, receive instruction, and accept correction, that you may be wise in the time to come.

"Hurt me with the truth but don't comfort me with a lie."

Psalms 139:23-24 (NLT)

23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.