

in

inspired living
SAINT LOUIS

I'M A BELIEVER

My faith. My life. My way.

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and how to deal with it

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(and yes, we found
matching Bibles)

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How Do You Look
in the eyes of God?

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Plus

Israel, Mary Mary + Byron Cage



Spiritual Fitness

C H A L L E N G E

What Do We Look Like in the Eyes of God?

...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)

“When I shared about my experience from many years ago concerning the mirror image incident, I have always desired to use that experience to help others. Even though I was in top physical condition at that time, my inner man was extremely undernourished. As matter of fact, I was spiritually dead. God had permitted me to see myself the way He saw me. I also might add that I was very frightened by the image in the mirror.”

—Pastor Robert Griffin

Spiritual Assessment – Mirror, Mirror

If you could look in a spiritual mirror and see yourself with God’s eyes, what would be in that reflection?

A different kind of Fitness Challenge

If improving physical fitness is your objective, you already know the drill; deal with diet and amp up exercise. We as Americans throw billions of dollars at the problem of being physically unfit each year, trying the most recently marketed fix to our physical shortcomings. But are we as intensely concerned with our spiritual fitness? If nine out of 10 people believe that our spirit will outlive and outlast our physical bodies, then why do we not demonstrate greater concern with improving our spiritual conditioning?

A diverse group of Christian ministers are working together to lift a spiritual fitness challenge. Much of what a minister does in a local church setting can be related to the role of spiritual trainer. This group is linking up as a team of spiritual fitness coaches to offer a seminar that brings people together for a measured spiritual assessment, fun and encouraging accountability and expert instruction on improving spiritual diet and conditioning.



Join *in* Magazine

and five local churches for 40 days of Spiritual Fitness to be featured in an upcoming issue

40 Days (6 weeks) Spiritual Fitness C H A L L E N G E

**Saturdays, September 22, 2007
through October 27, 2007 at 10am**

September 22 through October 6

First Christian Church of Florissant
2890 Patterson Road, Florissant, MO 63031
314.837.2269
www.fccf.org

October 13 through October 27

Christian Embassy Church
13775 Old Jamestown Road, Blackjack, MO 63033
314.741.4God (4463)
www.christianembassychurch.org

Spiritual Trainers



PASTOR STEVE WINGFIELD
First Christian Church of Florissant
www.fccf.org



PASTOR ALONZO JOHNSON
Tribe of Judah Christian Church



JAMES TURNER
Newness of Life Church
www.newnessoflifechurch.org



CO-PASTOR CECILA HOLLOWAY
Gospel Power Christian Church
www.gospelpowerchurch.com



PASTOR ROBERT GRIFFIN
Christian Embassy Church
www.christianembassychurch.org

Topics of Discussion:

- 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 burnout?
(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?
- Lasting patterns for spiritual health

