

## 7 Daily Exercises

Just as physical growth demands physical exercise, spiritual growth for Christians demands spiritual exercise. Use seven daily exercises to build spiritual muscles:

1. Death to Self.  
*If you died with Christ to the elemental forces of this world, why do you live as if you still belonged to this world?* (1 Corinthians 15:31)  
Yield complete control of your life to Jesus Christ every day.
2. Daily Obedience to Christ.  
*"If anyone wants to come with me, he must deny himself, and take up his cross daily, and follow me."* (Luke 9:23)  
Every day, commit yourself to obeying God and His Word.
3. Daily Bible Reading.  
*They welcomed the message with eagerness and examined the Scriptures daily.* (Acts 17:11)  
Spend time every day reading God's Word. Begin by reading through John or Matthew.
4. Daily Prayer.  
*"Give today our daily bread."* (Matthew 6:11)  
Devote time every day talking to God in prayer.
5. Daily Fellowship.  
*Encourage each other daily.* (Hebrews 3:13)  
Get involved with your local church, and seek regular fellowship with other Christians so you can encourage and build each other up.
6. Daily Witnessing.  
*Everyday... they continued teaching and proclaiming the good news that the Messiah is Jesus.* (Acts 5:42)  
Tell others about Jesus Christ every day through your words and actions.
7. Daily Praise.  
*I praise You seven times a day for Your righteous judgments.* (Psalm 119:164)  
Praise God every day for who He is and what He has done.