

1



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Personal Spiritual Fitness

Romans 12:1-2

¹ Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. ² Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

Requires Total Commitment

NEXT STEP

3

Personal Spiritual Fitness

Romans 12:1-2

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Involvement Total Commitment

Requires Total Commitment

NEXT STEP

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Personal Spiritual Fitness

WHAT TO DO

Romans 12:1-2

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NEXT STEP

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Personal Spiritual Fitness

WHAT TO DO

Romans 12:1-2

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A ONCE-FOR-ALL TRANSACTION
Permanent

Total and Complete Dedication

Full Surrender

NEXT STEP

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Personal Spiritual Fitness


WHAT TO DO

Romans 12:1-2

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Something That You Do

GIVE UP SOMETHING



NEXT
ST=PX

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Personal Spiritual Fitness


WHAT TO DO

Romans 12:1-2

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**You Can Offer Your Body to Sin
You Can Offer Your Body to the Savior**

1 Corinthians 6:19-20
¹⁹ Don't you know that **your body is a temple of the Holy Spirit who is in you,** whom you have from God? **You are not your own,** ²⁰ for you were **bought at a price. So glorify God with your body.**



NEXT
ST=PX

8


Personal Spiritual Fitness

WHAT TO DO

Romans 12:1-2

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A Continual Living Sacrifice for Jesus



NEXT
ST=PX

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Personal Spiritual Fitness

WHAT NOT TO DO

Romans 12:1-2

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Mankind Without God

**LOOK OUT FOR #1
Live for YOU, Not JESUS**

NEXT
ST=PX

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Personal Spiritual Fitness

THE RESULT

Romans 12:1-2

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**You Are Different
Set Apart**

Metamorphosis

Thinking Differently

**Jesus Wants to Change You
to Think and Act Differently**



REPENT

NEXT
ST=PX

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