



GODS' GYM

Detox

Confess anything to God
that you have said or done
in the past week
that you are not proud about.

Dear God, I am sorry for...



GODS' GYM

Jog

Jog your memory
about God's love

by saying this verse 5 times:

*“For God so loved the world
that he gave his one and only
Son, that if I believe in him I will
not perish but have eternal life.”*

Thank God for loving you!



GODS' GYM

Breathing

Say the Lord's Prayer out loud.

Say it slowly: line by line.

Say it as a prayer to God.

“Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our
debtors.

And lead us not into
temptation, but deliver us from
the evil one.

For yours is the kingdom and
the power and the glory
forever. Amen.”



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Reps

Say this verse over a few times
until you can say it without
looking:

*"This is how God showed his
love among us: He sent his one
and only Son into the world that
we might live through him."*

(1 John 4:9)



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Cardio

Ask God to speak to you as you meditate on His Word. Say the verse over slowly at least 7 times - pausing between each time you repeat it. Pause and ask God what he wants to say to you. Thank God for having spoken to you.

“Love the Lord your God
with all your heart,
and all your soul
and all your mind,
and love your neighbour
as you love yourself.”

(Luke 10:27)



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Spot

Ask God to show you one person that you need to speak to about how much He loves them.

Write their name down on the page.

God loves...



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Stretch

Which Fruit of the Spirit do you need to work on in your life?

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, self-control.”

What can you do to develop it in your life?



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Pulse

Take your spiritual pulse by asking yourself whether you are more in love with God now than you were 6 months ago.

If YES, why is that so?

If No, ask God to show you what you need to do or stop doing to get into a better place in the next 6 months.



GODS' GYM

Gains

Think about something
that you have learnt
in the last month
about God
and write it on the page.

God is...

God is...