

**Agathos Ministries**  
Hosted at the Guardian Academy  
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**HEALTH AND FITNESS**

**Health: Common: FoDoW:** \_\_\_\_\_  
Free of Disease or Wounds

**More Precise: OFotB:** \_\_\_\_\_  
Optimum Functioning of the Body

**THE OBVIOUS: 1. WMBB:** \_\_\_\_\_

**2. WMBA:** \_\_\_\_\_  
We Must Be Born, We Must Be Alive

**Fitness: AtDaT:** \_\_\_\_\_  
Able to Do a Thing

**THE OBVIOUS: 1. We Must Be Relatively FfW:** \_\_\_\_\_.

**2. We Must Relatively FoD:** \_\_\_\_\_.  
We Must Be Relatively Free of Wounds, We Must Be Relatively Free of Disease

**SPIRITUAL HEALTH AND FITNESS: FOUNDATION**

Last time, we touched on more than 30 scriptures. So we're going to assume you understand that Spiritual Health and Spiritual Fitness (which includes Strength) is a virtue.

**HEALTH: OBVIOUS: 1. WMBB:** \_\_\_\_\_

**2. WMBA:** \_\_\_\_\_  
We Must Be Born, We Must Be Alive

**To Be Spiritually Born, "Born Again": TiJaS:** \_\_\_\_\_  
Trust in Jesus as Savior

**To Be Spiritually Alive: GtFDW:** \_\_\_\_\_  
Grow through Faith Driven Works

**James 2:26b:** \_\_\_\_\_  
"Faith Without Works is Dead."

**Basic: Grow Faith by B, P, F:** \_\_\_\_\_  
Bible, Prayer, Fellowship

**Pre-Basic Bible: LaEP:** \_\_\_\_\_  
Look at Every Page

**Beginning Bible for Christians: LtJ:** \_\_\_\_\_  
Luke thru Jude

**Bible Fundamental: CtC:** \_\_\_\_\_  
Cover to Cover

**Intermediate: Grow Faith by PS:** \_\_\_\_\_  
Practical Service

**Advanced: Grow Faith by PL:** \_\_\_\_\_  
Practical Leadership

**Intermediate and Advanced Grow Faith requires Spiritual Health and Spiritual Fitness**

**FITNESS: OBVIOUS: 1. We Must Be Relatively FfW:** \_\_\_\_\_.

**2. We Must Relatively FoD:** \_\_\_\_\_.  
We Must Be Relatively Free of Wounds, We Must Be Relatively Free of Disease

**Spiritual Wounds** are Events that put us in Reaction. Almost Always Old Hurts and Old Issues.

**To be Free of Wounds: FtR:** \_\_\_\_\_  
Forgive then Respond

**Spiritual Disease is BT,BP:** \_\_\_\_\_  
Bad Theology, Bad Principles

If our Beliefs about God, Religion, Principles and Others are damaging, those things are Spiritual Diseases. Many people suffer from Bad Theology and Bad Principles.

**To be Free of Disease: LT:** \_\_\_\_\_  
Learn Truth

**1. RiMiTAWB:** \_\_\_\_\_

**2. APMBCA:** \_\_\_\_\_

**3. TBitUPSMfC:** \_\_\_\_\_  
Reality is More Important Than Anything We Believe, All Principles Must Be Consistently Applied, The Bible is the Undisputed Primary Source Material for Christianity

**Spiritual Health:** \_\_\_\_\_  
Optimum Functioning of the Spirit

**Diagnosing the Health of the Spirit**

(Galations 5:22-23)

Rate from -10 to +10

\_\_\_\_\_ Love (Agape)

\_\_\_\_\_ Joy

\_\_\_\_\_ Peace

\_\_\_\_\_ Patience

\_\_\_\_\_ Kindness/Gentleness

\_\_\_\_\_ Goodness

\_\_\_\_\_ Faith

\_\_\_\_\_ Gentleness/Meekness

\_\_\_\_\_ Self-Control

For the daring...

Ask someone who knows you well to rate you.

G  
S:RPO  
S:WME H  
B:ASB  
W

**Spiritual Fitness: AtDaT:** \_\_\_\_\_  
Able to Do a Thing

**Spirit: RPO:** \_\_\_\_\_  
Religion, Principle, Others

**Spiritual Fitness is NOT: WYDND:** \_\_\_\_\_  
What You Do NOT Do

**Spiritual Fitness IS: WYaABtD:** \_\_\_\_\_  
What You are Able to Do

**Able to Do includes: RNT:** \_\_\_\_\_  
Resist Normal Temptations