



FITNESS 2019

SPIRITUALLY FIT

DR. BENNY TATE

Matthew 6:33

How People Keep Their Resolutions:

1. They make few _____.
2. They make themselves _____.
3. They break the goals down into a series of _____ steps.
4. They write down their _____.
5. They regularly remind themselves of the _____.
6. They purpose not to _____.

1. Salvation _____.

2. Self-esteem _____.

A. _____.

B. _____.

C. _____.

3. Search the _____.

4. Serve with _____.