

# TWO-A DAYS

## Exercise Does A Life Good

*Two-A-Days* is a term used mostly in football to refer to a practice that happens twice in one day. Coaches know the absolute necessity of conditioning & training their athletes for the rigors of the game. They know that to win, players need to know the skills and so they can play instinctively. They also know that instinct only comes through repeated exercise.

Spiritual conditioning (Two-A-Day) is also necessary if you plan to win in your spiritual life. In fact, the Bible elevates spiritual training:

*Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.*

1 Timothy 4:8

There are basic skills any training program for a healthy spiritual life includes:

- **Daily time in the Word & prayer**

Working out needs to be done correctly, or you do more harm than good. Daily time spent reading the Word of God and praying gives your Coach (Jesus) the chance to train you correctly. The Word of God builds your spiritual life on truth.

- **Weekly fellowship**

Gathering all together to worship Jesus as a church family help replenish you soul for what the week holds.

- **Getting together with a small group of people with whom you share life together**

Being in a safe environment and digging deeper into what it means to follow Jesus builds strong spiritual muscles.

- **Serving others**

Serving others is everyone's call. If it is good for the Son of Man, it is good for us. This exercise also helps us get out of our own head, which prevents spiritual fatigue.



- **Sharing the Good News**

I'm not sure there is anything more strengthening AND rewarding than being in a conversation where you are able to effectively express what the Lord means to you.

Each of the listed exercises in and of themselves don't seem overly impressive until they become part of your routine - your life - and then, you begin to feel the sense of satisfaction, accomplishment and joy when you realize they led you into the presence of Jesus. And it's when you're with Him, the Head Coach, that transformation takes place, growing from weak and immature to strong and mature.

*Two-A-Days* is an analogy for WellSpring's Spiritual Emphasis Focus. This year's focus is called **Not A Fan February** - growing into a committed follower of Jesus. This six week series will take us on a journey that will strengthen our spiritual muscles and help prepare us for what, at times, can be like a hard-fought football game - called life.

Our *training* begins Sunday, February 1, and will continue for six consecutive week in our Life Groups. Join in **Not A Fan February** and get spiritually fit.

Committed to growing,

Pastor Scott