



**Zion Rest Missionary Baptist Church - R.E. Foster, Pastor**

**Sermon Outline for Spiritual Fitness**

**Scriptures:** *Joshua 2:1 and 9-13* <sup>1</sup>and Joshua the son of Nun sent out of Shittim two men to spy secretly, saying, Go view the land, even Jericho. And they went, and came into an harlot's house, named Rahab, and lodged there. <sup>9</sup>And she said unto the men, I know that the Lord hath given you the land, and that your terror is fallen upon us, and that all the inhabitants of the land faint because of you. <sup>10</sup> For we have heard how the Lord dried up the water of the Red sea for you, when ye came out of Egypt; and what ye did unto the two kings of the Amorites, that were on the other side Jordan, Sihon and Og, whom ye utterly destroyed. <sup>11</sup> And as soon as we had heard these things, our hearts did melt, neither did there remain any more courage in any man, because of you: for the Lord your God, he is God in heaven above, and in earth beneath. <sup>12</sup> Now therefore, I pray you, swear unto me by the Lord, since I have shewed you kindness, that ye will also shew kindness unto my father's house, and give me a true token: <sup>13</sup> And that ye will save alive my father, and my mother, and my brethren, and my sisters, and all that they have, and deliver our lives from death.

**Subject:** Spiritual Fitness

**Intro:** So often in life, it's not the shape that you're in, but the state you're in

**Aim:** Is for us to review our spiritual state

**Definition:** Fit – the quality of being suitable to fulfill a particular role or task

**Points to Consider:** We Look at...

1. Israel
2. Rahab
3. Us!