

**This is not a summer to \_\_\_\_\_ but a summer to \_\_\_\_\_!**

**We thrive with good R\_\_\_\_\_, N\_\_\_\_\_ & E\_\_\_\_\_!**

*John 15*

*5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing*

**Exercise is the “\_\_\_\_\_” in Life! “W\_\_\_\_\_” of the “whole self”!**

**There is “doing” involved in every aspect of life! Many times the things we think are accomplishing the least end result are actually the most important and hardest “doing” there is to do!**

*Philippians 2 12 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act according to his good purpose. 4 Do everything without complaining or arguing, 15 so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life*

**It is \_\_\_\_\_ in us!**

**He is the One to \_\_\_\_\_ and to \_\_\_\_\_ (energize into productive action)**

**in us according to His good pleasure and purpose!**

**Spiritual exercise is anything and everything done by IJNF \_\_\_\_\_!**

*Colossians 3 15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. 16 Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. 17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*

**Some workouts feel pointless but God says “J\_\_ D\_\_ I\_\_” its crucial!**

*Joshua 1 6 “Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. 7 Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. 8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

**“Work out” with the F\_\_\_\_\_; S\_\_\_\_\_ the opportunities!**

**Game time is anytime!**

*Ephesians 5 15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord’s will is. 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

**“Working Out with the Fundamentals”**

- **Connect with God Personally and Regularly.....Work It!**

- **Engage with God and Others in Corporate Worship/Prayer Experiences..... Work It!**

- **Long, Simple Obedience in the Same Direction..... Work It!**

**“Seize the Opportunities”**

- **To Thank and Praise God**

- **To Bless and Serve IJN**

- **To Give Witness and Testimony to God’s Realness**