



# CHOSEN GENERATION MINISTRIES

## CLASS 1: 5 BASIC SPIRITUAL EXERCISES

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### INSTRUCTIONS:

1. Read and study material on pages 1 & 2
2. Answer questions on page 3, sign and date
3. Email to [ministermorgan77@gmail.com](mailto:ministermorgan77@gmail.com)

You have 3 options in which you can complete this lesson...

1. Directly in your web browser, save as a pdf and email to email address above.
2. Save as a pdf to complete (Must have Adobe Acrobat or Mac Preview software) and email to email address above.
3. Print and fill out manually by pen/pencil and return to Curley Morgan at CGM.

**Note:** Lessons can only be filled on your desktop, not applicable to mobile devices.

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## CLASS ONE - 5 BASIC EXERCISES FOR SPIRITUAL FITNESS

“...exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.” *1 Timothy 4:7-8*

### 1 READ THE WORD OF GOD

#### *1 Peter 2:2 NIV*

Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation.

#### *Psalms 1:1-6*

- <sup>1</sup> Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,
- <sup>2</sup> but whose delight is in the law of the Lord, and who meditates on his law day and night.
- <sup>3</sup> That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.
- <sup>4</sup> Not so the wicked! They are like chaff that the wind blows away.
- <sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.
- <sup>6</sup> For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.

#### *Psalms 19:7-11*

- <sup>7</sup> The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple.
- <sup>8</sup> The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.
- <sup>9</sup> The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous.
- <sup>10</sup> They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb.
- <sup>11</sup> By them your servant is warned; in keeping them there is great reward.

### 2 SPEND TIME IN PRAYER

#### *Hebrews 4:14-16*

- <sup>14</sup> Therefore, since we have a great high priest who has ascended into heaven,[a] Jesus the Son of God, let us hold firmly to the faith we profess.
- <sup>15</sup> For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.
- <sup>16</sup> Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help in our time of need.

#### *Philippians 4:6-7*

- <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
- <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

#### *Colossians 4:2*

- <sup>2</sup> Devote yourselves to prayer, being watchful and thankful.

### **3 SING PRAISES**

***Hebrews 13:15***

<sup>15</sup> Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of our lips that openly profess his name.

***Ephesians 5:19***

<sup>19</sup> speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord,

***Colossians 3:16***

<sup>16</sup> Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

### **4 FELLOWSHIP WITH BRETHREN**

***Hebrews 3:12-14***

<sup>12</sup> See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God.

<sup>13</sup> But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.

<sup>14</sup> We have come to share in Christ, if indeed we hold our original conviction firmly to the very end.

***Hebrews 10:24-25***

<sup>24</sup> And let us consider how we may spur one another on toward love and good deeds,

<sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

***Acts 20:7***

<sup>7</sup> On the first day of the week we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight.

### **5 DO GOOD WORKS**

***Ephesians 2:10***

<sup>10</sup> For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

***Titus 2:11-14***

<sup>11</sup> For the grace of God has appeared that offers salvation to all people.

<sup>12</sup> It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,

<sup>13</sup> while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, <sup>14</sup> who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

***Galatians 6:9-10***

<sup>9</sup> Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. <sup>10</sup> Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

**CLASS ONE QUESTIONS** (Answer questions below and sign and date upon completion).

1. List 5 exercises that will keep you spiritually fit.

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2. What are 3 benefits you receive by reading God's word? Confirm your answer with scripture reference.

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3. What happens to your heart and mind when you pray? Give scripture reference.

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4. True or False..Singing praises to God is only for those called to be worship leaders. True  False   
Why or why not? Give scripture reference.

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5. True or False...I can sleep in on Sunday and look at church on television or live stream on my electronic device and get the same benefit as going to a church. Give scripture reference. True  False

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6. Give at least 3 reasons why it is important to do good works.

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Signature of student \_\_\_\_\_ Date \_\_\_\_\_