



RCCG HOUSE FELLOWSHIP MANUAL

Week 30 – SUNDAY, 29TH MARCH, 2026

KEEPING FIT

OPENING PRAYER

Father, help me to grow in you daily and be physical and mentally balance to do your will.

PREVIOUS KNOWLEDGE

The leaders should remind the members on last week lesson on wiles of the enemy and how to deal with the devil.

MEMORY VERSE

“For bodily exercise profiteth little; but godliness is profitable unto all things....” 1 Timothy 4:8

BIBLE TEXT

1 Timothy 4:7-8

LESSON INTRODUCTION

Keeping fit is the activity of keeping your body in good condition. This is very important as we need our bodies in good condition to accomplish life's goals and serve God effectively and flawlessly. Our daily activities should be anchored on spiritual development too, when your spirit is whole, your body will effect divine purpose.

Leader's Diary

LESSON AIM

To help members understand what it means to keep fit.

TEACHING OBJECTIVES

At the end of the lesson, members should be able to:

Know what spiritual fitness is.

Know what physical fitness is.

TEXT REVIEW

1 Timothy 4:7

Never waste your time over unprofitable exercise or adventures.

Spend your time and energy in training yourself for spiritual fitness.

Physical exercise has some value.

But spiritual exercise promises a reward in both this life and the next.

TEACHING METHOD

Leader should use discussion method.

TIME MANAGEMENT

Share the teaching time using suggested time schedule.

LESSON OUTLINE ONE

SPIRITUAL FITNESS

This is keeping our hearts with all diligence, practice of developing resilience and coping through understanding your beliefs and how you interact with the world. It makes you feel less stress, have a clearer mind and a strong sense of purpose.

What does it mean to be spiritually fit?

Overcoming the faults and weakness of human nature such as selfishness, egotism, lust, anger, etc.

Belief and practices that strengthens your connection to the source of hope, purpose.

To be self-disciplined, being shielded from influences that can alter divine programme. 1 Cor.9:25-27

Ability to persevere even in a raging storm. 1 Corinthians 15:58.

Grace to resist temptation and devil's wiles. James 4:7-8, Proverbs 1:10

LESSON OUTLINE TWO

PHYSICAL FITNESS - Gym training. 1 Timothy 4:8.

To continue to spiritually relevant, we must be physically fit.

Physical fitness brings these benefits;

It prevents excess weight gain and control weight

It combats health diseases and stabilizes health condition.

It helps to gain good sleep.

It improves ones brain function.

It helps in gaining physical strength and energy for daily activities.

SUMMARY

God requires us to keep ourselves spiritually and physically fit so that we can continuously produce fruits unto His kingdom. God wants to send you to nations, are you fit to undertake the task?

CONCLUSION

You need to be physically and spiritually fit to be profitable to God's kingdom. Spend time with God and eat good diet.

PRAYER POINTS

- Father, strengthen me for your optimum use.
- Father, drain out of my body every fluid that can assassinate my destiny.
- Father, send your fire to the camp of my tormentors.
- Father, release your fire to consume all embargoes against my sound health.
- Father, bless Daddy and Mummy GO with sound health.

GOLDEN DIET FOR THE WEEK

Monday Fitness comes through positive change in lifestyle.

Tuesday Train yourself to be godly, keeping fit comes basically from what you put in

Wednesday	God desires good health for you. 3 John 2
Thursday	Health challenge was not in God's original plan for you. Psalm 139:14
Friday	You have self-control to stop in flow that is contrary to your wellbeing.
Saturday	God has created and made provision for everything you need. Genesis 9:3
Sunday	God says you are the work of His hands, so you cannot be damaged or destroyed. Isaiah 64:8