**Concept Notes: "Fit for Christ"**

"Fit for Christ" emphasizes holistic readiness to follow Christ’s example, and it integrates spiritual, physical, emotional, and intellectual well-being to fulfill the Great Commission:

**1. Spiritual Fitness**

* *Foundation in Scripture*: Regular study and meditation on God’s Word (2 Timothy 3:16-17) and applying biblical principles in daily life (James 2:17) and empowered by the Fellowship with God through consistent prayer life (1 Thessalonians 5:16-18) and with fellow believers (Hebrews 10:24-25).

**2. Emotional and Relational fitness**

* *Emotional Stability with forgiveness and love*: Develop healthy and loving relationships (Philippians 4:6-7), managing anger, overcoming bitterness when they face trouble and troublesome people (Colossians 3:13 & Eph 4:30, James 1:2-4).

**3. Rational/Intellectual Fitness (Purposeful/Truthfulness)**

* *Renewing the Mind* (Romans 12:2) and applying discernment in decision-making (Proverbs 3:5-6) resisting negative or sinful thoughts. Sharpen gifts and talents (Ephesians 4:11-12) for God’s kingdom and gospel with an eternal perspective (1 Corinthians 10:31, Colossians 3:2, Matthew 28:19-20).

**4. Physical Fitness**

* *Temple of the Holy Spirit*: Treating the body as a temple of God and maintaining holy, healthy and hygienic (1 Corinthians 6:19-20) by developing **healthy habits** like prioritizing physical exercise, nutrition, and sufficient sleep and rest (Sabbatical) to sustain physical energy for responsibilities, and Christian ministry and avoiding habits that harm the body (1 Corinthians 9:24-27).

**The key elements and topics for the CL theme: Fit for Christ**

1. To be nurtured, empowered and enriched by Scriptures and God’s Spirit for the Kingdom purposes.
2. To become emotionally strong, overcoming bitterness and managing anger with people and developing a strong self-image by developing healthy and loving relationships at Christian family/fellowship/Church with accountability and seek opportunities/ways to serve in the Church and community.
3. To be fit rationally by renewed mind and spiritual discernment in decision-making, investing the talents and gifts for God’s kingdom
4. To be fit physically and making the body temple of God by keeping it healthy, hygienic and holy through regular exercise, balanced diet, and sufficient sleep/rest.

**Conclusion**

Being "Fit for Christ" is a lifelong journey of growing in faith, stewarding one’s body and mind, and serving God with excellence. It requires intentional discipline, and reliance on the Holy Spirit. By striving for holistic fitness, believers can be better prepared to fulfill their divine purpose and reflect Christ’s character to the world.