



On Mission Spiritual Fitness

Adult Warrior - YELLOW BELT

Just as it's important to be Physically and Mentally fit, we also seek to train each of our OMMA Students to be Spiritually "fit." Your first step on this journey is to obtain a three ring binder to keep your On Mission Spiritual Fitness ("OMSF") materials in as you will be required to present it to your OMMA Instructor prior to each Belt Testing!



Complete the form "Who is Jesus?"

One of the disciplines that can be very helpful to grow spiritually stronger is to think through this very important question as well actually write it out.

"Thoughts disentangle themselves when they pass through the lips and fingertips."

- Dawson Trotman

When Jesus came to the region of Caesarea Philippi, He questioned His disciples: "Who do people say the Son of Man is?" They replied, "Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets. "But what about you?" Jesus asked. "Who do you say I am?" (Matthew 16:13-15)



Memorize 1 Corinthians 10:31

This verse is foundational to all we are about at On Mission Martial Arts. Scripture memory is one of the most important Spiritual Disciplines of the Christian faith!

"So whether you eat, or drink, or whatever you do, do it all for the glory of God."
(1 Corinthians 10:31, NIV)



Write out the 3 Bible Verses on our OMMA Patch

This will help you become a little more familiar with the verses on your OMMA patch.

"So whether you eat, or drink, or whatever you do, do it all for the glory of God."
(1 Corinthians 10:31, NIV)

**Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment."
*(Matthew 22:37-38, NIV)***

"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."
(Philippians 3:13-14, NIV)

1 Corinthians 10:31 (NIV)

***“So whether you eat, or
drink, or whatever you do,
do it all for the glory of
God.”***

Name: _____

Date: _____

Q: “Who is Jesus?”

(Continue on back, if necessary)

Please check one:

I am confident that my view is the same as the Jesus of the Bible.

I am not sure that my view is the Biblical Jesus.

I would like to learn who Jesus is according to the Bible.

Note: Your dialogue with us is kept respectfully and appropriately confidential. Meaning, your answers will only be between you, God and OMMA leadership. At the same time... remember that Christian growth is *personal*, but never *private*. So, we desire that each of us will grow to be increasingly comfortable about openly getting to know, love, and ultimately glorify God in community.

*“So whether you eat, or drink, or whatever you do, do it all for the glory of God.”
(1 Corinthians 10:31, NIV)*

*Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment.”
(Matthew 22:37-38, NIV)*

*“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”
(Philippians 3:13-14, NIV)*
