



# On Mission Spiritual Fitness

## Adult Warrior - ORANGE BELT

Congratulations on your Yellow Belt! You are continuing to build a good foundation in both your martial arts and spiritual fitness training! Don't forget to put your newest OMSF packet that you received with your Yellow Belt into your OMMA 3-ring binder!



### Complete the form "What is the Bible?"

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

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

- Dawson Trotman

***"You search the Scriptures, because you think that in them you have eternal life; and it is these that bear witness of Me," (John 5:39)***



### Memorize 2 Corinthians 10:3-4a

This verse considers the difference between "Physical" battles and the "Spiritual" battles which God expects us to fight much differently!

***"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world."***

***(2 Corinthians 10:3-4a, NIV)***



### Read "The Servant Warrior"

Students should read the article and answer the questions that follow.

**COUNTS FOR 2 "On Mission Service Points"**

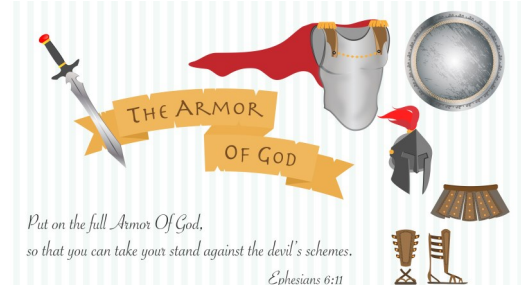
*Note: This article will explain what we mean by "On Mission Service Points."*



### Write out Armor of God passage:

*Ephesians 6:10-18 (NIV)*

Again, as we "write" or "speak" our thoughts or passages of Scripture, they become more clear and we are more able to apply them in our lives.



2 Corinthians 10:3-4a (NIV)

*“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world.”*



# The “Servant Warrior”

by Sensei Marco Fiorentino

*“Each of you should be concerned not only about your own interests, but the interests of others as well” (Philippians 1:4)*

**SERVANT** - noun \* ser vant \ 'sər-vənt \

“One that serves others.” (www.merriam-webster.com)

**WARRIOR**: - noun, often attributive \* war rior \ 'wɔr-yər , 'wɔr-ē-ər , 'wä-r-ē- also 'wä-r-yər \

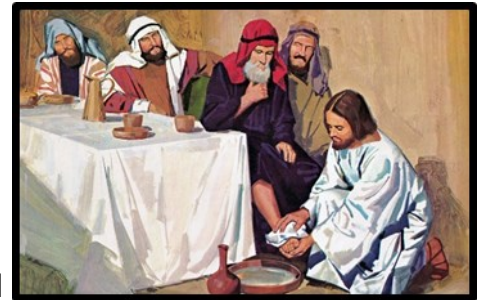
“A person who fights in battles and is known for having courage and skill.” (www.merriam-webster.com)

## **JESUS is our model:**

(Jesus) “Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.” – Philippians 2:6-7 (NIV)

## **JESUS reminds us:**

“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” – Mark 10:45 (NIV)



## **What it means to us at On Mission Martial Arts:**

In the Dojo, we train in developing various physical and mental skills and mindsets in order to become more effective at defending our self and others from physical violence. We are training to become Martial Artists, or warriors, prepared and equipped to fight to protect the innocent from the wicked.

At OMMA, however, we seek to go beyond that definition of a warrior. As we seek to honor the Lord God in all that we do (1 Corinthians 10:31), we seek to follow in the footsteps of His character and live, by the power of the Holy Spirit, more and more like Jesus. Jesus was a servant, and so we shall seek to be servants as well. Fighting the good fight of faith requires warriors that are not angry, self-centered and self-promoting. Rather, we must strive to become loving, joyful, humble warriors that fight our self-centered, lazy, distracted and undisciplined selves, to represent the love of God in Christ to a world around us that desperately needs it.

So, we “take it out of the Dojo,” a few times a year in offering OMMA Group Service Projects for our community to engage in together. To advance to the higher ranks within the OMMA system, each student is required to be a part of times of service and demonstrate their desire to grow into, not just a warrior, but a “Christ-warrior,” fighting to love others more, love God more and make much of Christ!

If you have any questions on this aspect of our training, please speak with one of your instructors.

**GO DEEPER:** <https://bible.org/seriespage/mark-8-heart-servant>

# **The “Servant Warrior” QUESTIONS**

**What attitude should we have toward serving others?**

**What Bible verse about service is your favorite?**

**What are you willing to give up (sacrifice) to be a servant to others?**

**Why do you think we include service as a requirement at OMMA?**

**At OMMA we track our students progress in this area with “On Mission Service Points (OMSP).”**

How many OMSP do you earn for completing this assignment?

How many OMSP do you need to complete to earn your Purple Belt?

How many OMSP do you need to complete to earn your Black Belt?

**Where can you find out opportunities to serve and complete your OMSP requirements?**

