



On Mission Spiritual Fitness

Adult Warrior - PURPLE BELT

As an Orange Belt you have reached the highest Beginner level and are moving on toward the Intermediate ranks...well done! Even as the exciting challenges in the martial arts area increase, we are also adding some new OMSF challenges: We consider the Character of a Christ-Warrior at this time as well as pushing a bit more in the service area! Don't forget to keep everything in your OMMA 3-ring binder!



Complete the form "What is Prayer?"

"God has established prayer as the means by which we receive his supernatural help. And without supernatural help, we cannot live a life worthy of the gospel. Everything that distinguishes Christians from the world in a Christ-exalting way is a work of God's supernatural grace. And God has ordained that this grace flows to us through prayer. That's why prayer must be central, not peripheral, in our lives and families and ministries." (*Desiring God*)

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." (1 John 5:14)



Memorize Ephesians 6:10-11

These verses consider the Armor of God and how it works in the life of a believer! You wrote out these verses and more for your last rank, so you can refer to your binder to look this up as needed.

***"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes."
(Ephesians 6:10-11, NIV)***



Read "What is "Spiritual Fitness"?"

Read and answer the questions on "Spiritual Fitness".



Write out the 12 Character Traits of a CHRIST-WARRIOR

Read the *Character of a Christian Warrior* and write the 12 Characteristics in the table provided.



Complete 12 OMMA Service Points (see *Service Handbook*)

OMMA Service Points are cumulative, so previously earned points in this area count toward your total goals.

Ephesians 6:10-11 (NIV)

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”



Character of a Christian Warrior

Character (Greek = “*charakter*”) is a word that has been translated in the Bible as the phrase “express image.” In Hebrews 1:2 and Colossians 1:15 (among other Scriptures) we see that Jesus is our model of Godly character.

As martial artists we develop abilities and power that require a counterbalance of strong character in order to avoid abuse. To learn these potentially harmful moves without the context of character development would be dangerous and very irresponsible.

Following are 12 character qualities that are critical to any martial artist, but especially as we represent Christ as Christian Warriors. In the On Mission Martial Arts program we cycle through one of these 12 character qualities per month, focusing on various aspects of each one in an effort to grow and sharpen it in our lives through the power of the Holy Spirit.

12 Characteristics of a Christian Warrior

Overarching Characteristic = Spirit Filled

- | | |
|--|---|
| 1. Courageous (vs. Fearful) | 7. Discerning (vs. Unaware) |
| 2. Compassionate (vs. Indifferent) | 8. Persevering (vs. Giving Up) |
| 3. Self Controlled (vs. Self-Indulgent) | 9. Respectful (vs. Rude) |
| 4. Focused (vs. Aimless) | 10. Responsible (vs. Unreliable) |
| 5. Enthusiastic (vs. Anxious) | 11. Grateful (vs. Ungrateful) |
| 6. Disciplined (vs. Slothful) | 12. Humble (vs. Proud) |

Spirit Filled

Every martial arts program teaches character – whether intentionally or not. Usually it contains elements of Eastern worldviews (Buddhism, Taoism, Shintoism, Confucianism) or secular humanistic worldviews. (“I can accomplish anything in my own strength,” “I am my own god.”) These can, over time, undermine what is being taught in Christian homes and churches.

By relying on Christ as our perfect model of character and the Word of God as our guidebook, we can bring glory to God by reflecting His character. (1 Corinthians 10:31)

Name: _____

Date: _____

Q: "What is Prayer?"

OMMA's 12 Character Traits of a CHRIST-WARRIOR:

“Spiritual Fitness”

by Sensei Marco Fiorentino

**“Have nothing to do with irreverent, silly myths.
Rather train yourself for godliness;” (1 Timothy 4:7, ESV)**

FITNESS in general

FITNESS can be defined as, “The quality of being suitable to fulfill a particular role or task.” If one wants to be successful in a sport or physical activity, they must be physically fit. To achieve ones potential in tasks requiring their maximum intellectual ability, they must be mentally fit.

SPIRITUAL FITNESS

In the dimension of our spiritual life, we must also work (it does not come naturally) to improve our spiritual fitness. Growing in our spiritual fitness means we are better prepared to succeed in the particular roles and tasks Jesus Christ calls us to as His followers.

The great news (the gospel), is that Christ, through His perfection and sacrifice on the cross, achieved the salvation that NO work or effort of ours could ever accomplish. We rest gratefully in this truth and only work to fulfill the good works in this life that He has prepared for us (Ephesians 2:8-10).

What it means to us at On Mission Martial Arts:

- ONE: As we work on getting Physically fit and Mentally fit, we also work on our Spiritual Fitness.
- TWO: Getting “fit” or “in shape” is something that is a habit. We should try to do something every day to improve our Physical fitness, our Mental fitness and our Spiritual fitness. It is an ongoing process.
- THREE: The first step in becoming Spiritually fit is by trusting in Jesus Christ to lead us in this process. We must believe in Him (John 3:16) and receive Him as our Lord & Savior (John 1:12)
- FOUR: Next, we decide to “train ourselves for godliness.” We choose to pursue good Spiritual habits or “disciplines” that will help us get into better spiritual “shape!”
- FIVE: We work together as a community to encourage one another in all we do; including these spiritual exercises (disciplines), so that together, even as we are becoming improved Martial Artists, we are also getting increasingly FIT in all areas – physically, mentally & spiritually!

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

GO DEEPER: <https://www.thebereancall.org/content/spiritual-fitness>

“Spiritual Fitness”

QUESTIONS

- 1. What is the definition of “fitness”?**
- 2. Do we automatically grow stronger in our Christian faith?**
- 3. How would you describe “spiritual fitness”?**
- 4. What is the first step in becoming spiritually fit?**
- 5. As we “train ourselves for godliness” we pursue good Spiritual habits or “_____”. (More about this in OMSF for Blue.)**
- 6. What will you change (if anything) to become more spiritually fit?**

OMMA Service Project Journal

Service Projects

Name of Service Event / How you helped

Date

Service Points

Read/Answered Qs: "The Servant Warrior"

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