



21 Days to  
**SPIRITUAL FITNESS**



Foothills Bible Church



# Getting the most out of 21 Days to Spiritual Fitness

I am so excited that you've made the choice to focus on spiritual fitness over the next 21 days! Through my years of following Jesus, the most exciting experiences in my life have been hearing Jesus speak to me through His Word. During these 21 days, I'm praying and expectant that you will hear Jesus speak to you.

Here are some things to help you get the most out of these 21 days:

- This booklet is designed for you to focus on 1 page every day for 21 days.
- Plan on spending 10 - 15 minutes each day.
- Be intentional with where and when you choose to spend time on this.
- Read the daily Bible verse and let the 3 prompts guide a conversation between you and the Holy Spirit. There is no right or wrong answer to the prompts. In an attitude of prayer, simply ask God to speak to you through Scripture related to *Abiding*, *Repenting* and *Walking in Faith*.
- Write notes from your conversation with the Holy Spirit in the spaces provided on each page.

As I'm praying for you daily, please pray with me for our church family. Just imagine who we can become individually and corporately as the Holy Spirit transforms us into spiritually fit people.

Warmly,  
Your Pastor  
Shawn Peterson

# Day 1

*Behold, I am doing a new thing;  
now it springs forth, do you not perceive it?  
I will make a way in the wilderness  
and rivers in the desert. – Isaiah 43:19*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 2

*If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.*

– James 1:5

## Abide

Since I abide in Jesus, this verse means...

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## Repent

Ask the Holy Spirit, “what do I need to repent of in light of this verse?”

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## Walk in Faith

What step of faith is Jesus calling me to take in light of this verse?

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# Day 3

*I will instruct you and teach you in the way you should go;  
I will counsel you with my eye upon you. – Psalm 32:8*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 4

*The steadfast love of the LORD never ceases;  
his mercies never come to an end – Lamentations 3:22*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 5

*There is therefore now no condemnation for those who are in Christ Jesus.*

– Romans 8:1

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, “what do I need to repent of in light of this verse?”

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 6

*The LORD your God is in your midst,  
a mighty one who will save;  
he will rejoice over you with gladness;  
he will quiet you by his love;  
he will exult over you with loud singing. – Zephaniah 3:17*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 7

<sup>3</sup> *When I look at your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,*  
<sup>4</sup> *what is man that you are mindful of him,  
and the son of man that you care for him? – Psalm 8:3-4*

## Abide

Since I abide in Jesus, these verses means...

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## Repent

Ask the Holy Spirit, "what do I need to repent of in light of these verses?"

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## Walk in Faith

What step of faith is Jesus calling me to take in light of these verses?

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# Day 8

*He must increase, but I must decrease.*

– John 3:30

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, “what do I need to repent of in light of this verse?”

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 9

<sup>28</sup> *Have you not known? Have you not heard?  
The LORD is the everlasting God, the Creator of the ends of the earth.  
He does not faint or grow weary; his understanding is unsearchable.*  
<sup>29</sup> *He gives power to the faint, and to him who has no might  
he increases strength. – Isaiah 40:28-29*

## Abide

Since I abide in Jesus, these verses means...

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## Repent

Ask the Holy Spirit, "what do I need to repent of in light of these verses?"

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## Walk in Faith

What step of faith is Jesus calling me to take in light of these verses?

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# Day 10

<sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,

<sup>20</sup> for you were bought with a price. So glorify God in your body.

– 1 Corinthians 6: 19-20

## Abide

Since I abide in Jesus, these verses means...

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## Repent

Ask the Holy Spirit, "what do I need to repent of in light of these verses?"

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## Walk in Faith

What step of faith is Jesus calling me to take in light of these verses?

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# Day 11

*But to all who did receive him, who believed in his name,  
he gave the right to become children of God.  
– John 1:12*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 12

*Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.*

– 1 Peter 2:11

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, “what do I need to repent of in light of this verse?”

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 13

*Therefore, if anyone is in Christ, he is a new creation.  
The old has passed away; behold, the new has come.  
– 2 Corinthians 5:17*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 14

<sup>7</sup> Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. <sup>8</sup> For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. – Galatians 6:7-8

## Abide

Since I abide in Jesus, these verses means...

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## Repent

Ask the Holy Spirit, "what do I need to repent of in light of these verses?"

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## Walk in Faith

What step of faith is Jesus calling me to take in light of these verses?

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# Day 15

*Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it. – Mark 10:15*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 16

*It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed. – Deuteronomy 31:8*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 17

*Blessed are those who are persecuted for righteousness' sake,  
for theirs is the kingdom of heaven. – Matthew 5:10*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 18

*For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. – 2 Corinthians 7:10*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Day 19

*Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. <sup>2</sup> And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. <sup>3</sup> And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. <sup>4</sup> He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. – Revelation 21:1-4*

## Abide

Since I abide in Jesus, these verses means...

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## Repent

Ask the Holy Spirit, "what do I need to repent of in light of these verses?"

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## Walk in Faith

What step of faith is Jesus calling me to take in light of these verses?

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# Day 20

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. – Hebrews 12:1-2*

## Abide

Since I abide in Jesus, these verses means...

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## Repent

Ask the Holy Spirit, "what do I need to repent of in light of these verses?"

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## Walk in Faith

What step of faith is Jesus calling me to take in light of these verses?

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# Day 21

*But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. – James 1:25*

## **Abide**

Since I abide in Jesus, this verse means...

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## **Repent**

Ask the Holy Spirit, "what do I need to repent of in light of this verse?"

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## **Walk in Faith**

What step of faith is Jesus calling me to take in light of this verse?

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# Notes:

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