



Rio 2016™





*How Should we exercise our  
Christian liberties/freedoms?*



## *Moral Behaviors*

Love

Be patient

Be kind

Forgive



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## *Immoral Behaviors*

Idolatry

Adultery

Stealing; Lying

Coveting

Murder; Strife

Drunkenness

Gossiping



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## *Amoral Behaviors*

Alcohol & Food

Entertainment

Education

Fashion

Games & Sporting

Shopping

Books

Socials & Parties



*How Should we exercise our  
Christian liberties/freedoms?  
Are there any guidelines?*



Christian Fitness  
is Necessary  
for Christian Witness



# Christian Fitness is Necessary for Christian Witness

1. Christian Fitness Aims to Win





# Christian Fitness is Necessary for Christian Witness

1. Christian Fitness Aims to Win
2. Christian Fitness Requires Self-Control



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TIME?