

# FIT FOR PRAYER

## TABLE OF CONTENTS

About the Author.....	4
Preface .....	5
Introduction .....	6
Chapter 1: Exercise your Body: What it is – What it’s not – Benefits of Exercise ....	7
Chapter 2: Exercise strategies that work .....	8
Chapter 3: Goal planning .....	10
Chapter 4: Exercise your Spirit: What it is – What it’s not – Benefits of Prayer .....	15
Chapter 5: Prayer strategies that work .....	16
Chapter 6: Goal planning .....	17
Chapter 7: Test Your Knowledge .....	18
Chapter 8: Action Plan .....	22
In Closing .....	23
References and recommended reading .....	24
Other Publications by Kimberley Payne .....	25