

# Get Fit!

## Church Growth through Church Health

*Get Close & Clear through Honesty, Inquiry, and Consistency*

### **Session 1 - Get Fit!**

**Eliminate Dysfunction**

### **Session 2 - Get Close**

**Eliminate Disconnection**

### **Session 3 - Get Clear**

**Eliminate Doubt**

### **Session 4 - Get Committed**

**Eliminate Disengagement**

### **Session 5 - Get Consistent**

**Eliminate Discretion**



**Schedule:** Saturday, 9 a.m. to 3 p.m. (Five 45 Minute Sessions)

**Cost:** Elders' Discretion (No Set Fee)

Aubrey Johnson preaches for the Southern Hills Church of Christ in Franklin, Tennessee. His workshops include *Dynamic Deacons*, *Successful Shepherds*, *Effective Elders*, *Organized Overseers*, *Get Fit!*, and *The Best Family Ever*.

Aubrey is the author of 12 books:

- **The Barnabas Factor:** Realize Your Encouragement Potential\*
- **The Seed Principle:** Sowing the Life of Your Dreams\*\*
- **Love More, Sin Less:** Developing a God Shaped Heart
- **Renewing Your Spiritual Life:** 13 Steps for Maximum Spiritual Growth
- **The Best Husband Ever:** The Challenge of Loving Like Jesus
- **God's Game Plan:** Strategies for Abundant Living
- **Dynamic Deacons:** Champions of Christ's Church
- **The Deacon's Wife:** Encouraging Words for Wives of Church Leaders
- **Music Matters In the Lord's Church**
- **Spiritual Patriots:** Jude's Call to Arms (Hearts of Peace, Courage of Steel)
- **Consider One Another:** God's Answer to Incivility
- **Successful Shepherds:** Leading People in Paths of Righteousness

\**The Barnabas Factor* was distributed to 500 employees at Chick-fil-A's corporate staff summit.

\*\* *The Seed Principle* was endorsed by bestselling authors, Steven Covey, Brian Tracy, Matthew Kelly, and Jon Gordon; leading psychologists Dr. Robert E. Wubbolding (Director of the Glasser Center for Reality Therapy) and Dr. Robert Maurer (Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica UCLA Medical Center); and distinguished Christian educators Dr. Billy Smith and Dr. Cecil May.