

LET'S GET PHYSICAL

Balancing Your Personal Life – Part 3

"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 2

"Therefore, honor God with your body." 1 Corinthians 6:20

HOW TO FEEL BETTER PHYSICALLY

I. DEVELOP A HEALTHY ATTITUDE TOWARD YOUR BODY

Unhealthy Attitudes

- _____ your body
- _____ your body
- _____ your body

Healthy attitudes: _____ it and _____ it.

II. MOTIVATE YOURSELF TO CHANGE!

Why should I take better care of my body?

Physical Reasons:

- I'll _____ better.
- I'll _____ better.
- I'll _____ longer.

Spiritual Reasons:

1. God _____ my body. Psalm 139:13-16
2. Jesus _____ my body. 1 Corinthians 6:19-20
3. The Holy spirit _____ my body. 1 Cor. 3:16

III. FOLLOW GOD'S LAWS OF HEALTH (partial list)

"Pay attention to my words ... they are health to a man's whole body." Proverbs 4:20-22

1. _____

"Each of you should learn to control his own body in a way that is holy and honorable." 1 Thessalonians 4:4

2. _____

"Everything is permissible for me -- but I will not be mastered by anything. Food is for the stomach ... but God will eventually destroy them both!" 1 Corinthians 6:12-13

3. _____

"Physical exercise has some value..." 1 Timothy 4:8

*"I beat myself into shape" (*Paul) 1 Corinthians 9:27*

Common Excuse: _____

Common Mistake: _____

4. _____

"In vain you rise up early and stay up late." Psalm 127:2

"Let's go off by ourselves to a quiet place and rest awhile." Mark 6:31

5. _____

*"Don't get drunk with wine, which will ruin you; instead be filled with the Spirit." Ephesians 5:18
(Proverbs 23:29-35, Romans 14:21, Luke 1:15, Proverbs 21:1)*

6. _____

"A heart at peace is life to the body." Proverbs 14:30

"Make a decisive dedication of your bodies as a living sacrifice, devoted and well-pleasing to God..." Romans 12:1 (Williams Trans)

Next week sermon by: **Pastor Saro Khachikian**

EXERCISES FOR SPIRITUAL FITNESS