

CORE 4: Strengthening the Foundations of My Faith

January 13 & 14, 2024
Pastor Steve

Strengthening My Physical Body for God

Jesus grew in wisdom and in stature and in favor with God and all the people. Luke 2:52

Our goal in 2024: To follow Jesus more closely.

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

Psalm 139:13-14

Unhealthy attitudes about our bodies:

- I I _____ my body.
- II I _____ my body.
- III I _____ my body.

Biblical Truths About Our Bodies:

- I My body was _____ by God and for God.
 - A) For through him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see— such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through him and for him. Colossians 1:16
- II As a Christian, my body is the _____ of the Holy Spirit.

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:19-20
- III I will have a physical body in _____.

It is the same way with the resurrection of the dead. Our earthly bodies are planted in the ground when we die, but they will be raised to live forever. Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength. 1 Corinthians 15:42-43

To Strengthen My Body For God, I:

- I _____ the state of my physical body, honestly.

Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. Romans 12:3

II _____ set goals for my physical health.

A) A goal is a _____ with a _____.

B) I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. 1 Corinthians 9:27

III _____ a healthy lifestyle that can become a habit.

You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. 1 Corinthians 6:12

IV _____ positive influencers around me.

A) Two major spheres of influence in your life:

1) Your _____ environment.

2) The _____ in your life.

3) Don't be fooled by those who say such things, for "bad company corrupts good character."
1 Corinthians 15:33

V _____ God's power for positive change.

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. Philippians 1:6

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Galatians 6:9

My Next Step Is:

- I'm making a decision for Christ and accepting the free gift of Salvation!
- I'm recommitting my life to Christ.
- I will memorize 1 Corinthians 6:19-20.
- I commit to care for my body as the temple of the Holy Spirit.
- I set this as my #1 Physical Health Goal for 2024: _____
- Small Group Sign Up