

“Get Fit Physically”
Get Fit :: Part 2
John Smith :: January 14-15, 2017



Don't you know 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

1. _____

When the time was up, Daniel and his three friends looked healthier and stronger than all those who had been eating the royal food.

Daniel 1:15 (TEV)

2. _____

3. _____

It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.

Psalms 127:2 (LV)

Six days are set aside for work. But every seventh day you must rest completely. Even during your seasons of plowing and harvest you must observe a Sabbath day of rest.

Exodus 34:21

4. _____

I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

Romans 12:1