

“SWEATIN’ TO THE OLDIES”

Old School Cool :: Part 3

Dennis Anderson :: September 5 & 8, 2019



Psalm 139:13-14 *For you [God] created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

My body is _____ in the entire universe.

WHAT GOD SAYS ABOUT MY BODY

1 Corinthians 6:12, 14-15, 19-20 ¹²*"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything...*¹⁴*By his power God raised the Lord from the dead, and he will raise us also.* ¹⁵*Do you not know that your bodies are members of Christ himself? ...*¹⁹*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your bodies.*

1. It _____ to God.

2. Jesus _____ for it.

3. It is _____ to Christ.

4. I _____ it.

5. It will be _____.

4 WAYS TO HONOR GOD WITH MY BODY

1. _____.

Numbers We Should Know:

- Weight
- Waist
- Blood Sugar
- Blood Pressure
- Cholesterol

2 Corinthians 7:1 (NLT) *Let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God.*

2. _____.

Proverbs 26:13-16 *The sluggard says, "There is a lion in the road, a fierce lion roaming the streets!" As a door turns on its hinges, so a sluggard turns on his bed. The sluggard buries his hand in the dish; he is too lazy to bring it back to his mouth. The sluggard is wiser in his own eyes than seven men who answer discreetly.*

3. _____.

Psalm 127:2 *In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.*

Psalm 4:8 *In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.*

4. _____.

Proverbs 12:25 *Worry weighs down the heart...*