





VICTORY TEAM



SEED TIME

Jerry “Trey” Butler





Honor Me with This

Proverbs 3:9–10 NIV

Proverbs 3:9 (NIV)

*Honor the LORD with your wealth, with the
firstfruits of all your crops;*



Proverbs 3:10 (NIV)

*then your barns will be filled to overflowing, and
your vats will brim over with new wine.*



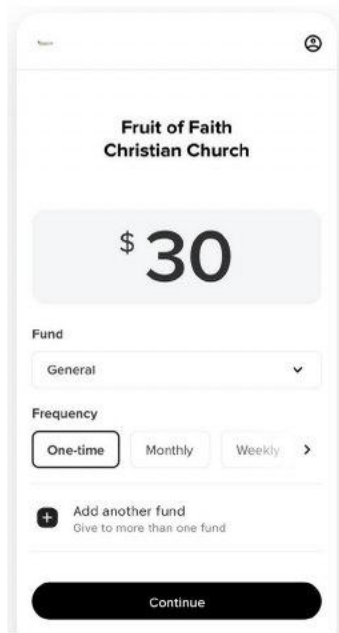


2 Ways to GIVE

Tithe & Offerings

Honour the Lord with thy substance, and with the firstfruits of all thine increase—Proverbs 3:9

Name _____ Tithe _____
Date _____ Offering _____
Address _____ Other _____
Total Enclosed



Fruit of Faith
Christian Church

\$ 30

Fund
General

Frequency
One-time Monthly Weekly

+ Add another fund
Give to more than one fund

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TESTIMONIES



BREAD OF LIFE

PASTOR ANTHONY JACKSON





RESET

RESET

Part 4: Declaring God's Word

Isaiah 55:11 (NIV)

so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.



Romans 10:9-10 (NIV)

If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.



Matthew 4:4 (NIV)

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”



RESET

Part 5: RESET Your HEALTH

MAN SHALL NOT LIVE
ON BREAD ALONE.



THE WORD HAS TO
COME OUT OF A BODY.



MAINTENANCE,
NOT REPAIR.



1 Corinthians 6:19-20 (NIV)

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; you were bought at a price. Therefore honor God with your bodies.



1 Corinthians 3:16-17 (NIV)

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.



YOU ARE
NOT YOUR OWN



PRESENT THE BODY

Romans 12:1



Romans 12:1 (NIV)

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.



MOVEMENT

1 WALK

The best exercise there is.

2 ONE KETTLEBELL

A home gym for twenty dollars.

3 AGE MEANS MOVE

Less optional every year.

4 BE INTENTIONAL

Desks and phones stole it. Take it back.

WATCH WHAT GOES IN

Daniel 1



Daniel 1:8 (NIV)

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.



Daniel 1:15 (NIV)

At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.



Daniel 1:17 (NIV)

To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.



1 Corinthians 10:31 (NIV)

So whether you eat or drink or whatever you do, do it all for the glory of God.



THE DISCIPLINE OF FASTING

Matthew 6:16–18



Matthew 6:16-18 (NIV)

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ..



Matthew 6:16-18 (NIV)

... But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.



1 Corinthians 9:27 (NIV)

No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.



REST IS OBEDIENCE

Mark 6:31



Mark 6:31 (NIV)

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”



Psalm 127:2 (NIV)

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



A MERRY HEART

Proverbs 17:22



Proverbs 17:22 (NIV)

A cheerful heart is good medicine, but a crushed spirit dries up the bones.



Proverbs 14:30 (NIV)

A heart at peace gives life to the body, but envy rots the bones.



Nehemiah 8:10 (NIV)

Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.”



2 Corinthians 7:1 (NIV)

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.



3 John 1:2 (NIV)

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.



YOUR SOUL SETS THE PACE.
YOUR BODY IS TRYING
TO KEEP UP.



EATING HEALTHY

1 READ THE LABEL

Know what is in it.

2 SEED OILS AND DYES

Learn the names.

3 MORE PROTEIN

Fills you up. Keeps muscle on.

4 COOK IT YOURSELF

You control the pot.



ORAL HEALTH

1 BRUSH

Twice a day. No exceptions.

2 FLOSS

Where the brush cannot reach.

3 WATER PICK

Or plastic flossers. Whichever you use.

4 TONGUE SCRAPER

Costs almost nothing.

TEN DAYS.





RESET



FRUIT OF FAITH

CHRISTIAN CHURCH

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

John 15:5 **ESV**