

TEMPLE: CARING FOR OUR PHYSICAL BODIES, PART 2

*"Real change is not behavior modification. Real change is SPIRITUAL TRANSFORMATION."
Craig Groeschel*

In other words, if we focus on behavior modification eventually the behavior comes back. But if we focus on SPIRITUAL TRANSFORMATION, God eventually changes our heart.

1. TRAIN, DON'T TRY

1 CORINTHIANS 9:25-27 (NLT)

All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. . . . I discipline my body like an athlete, training it to do what it should.

What's the difference?

To **try** is to **attempt** to do the right thing by exerting effort in the moment.

To **train** is to commit to **choose small, smart habits** that encourage you to do the right thing in the moment.

*"**DISCIPLINE**, not desire, determines your **DESTINY**."
Charles Stanley*

*"A healthy lifestyle isn't about the mirror - it's about the One we are trying to mirror."
Jimmy Peña*

1 TIMOTHY 4:7 (NIV)

Train yourself to be godly.

2. HABITS, NOT HOPE

Will you like who you will be based on your habits today?

*"You don't **rise** to the level of your goals.
You fall to the level of your **habits**."
James Clear*

GALATIANS 6:7-9 (NLT)

Don't be misled - you cannot mock God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. 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.



THREE PRINCIPLES OF PLANTING AND HARVESTING:

1. You harvest what you plant.

If your habits are always bad, your harvest isn't going to be good.
If you don't deliver on deadlines, you're not going to be entrusted with more.
If you're late to work everyday, you're not likely to be promoted.
Same thing about health, if you eat anything you want and you never ever exercise.
Don't be surprised why we're weaker and sick and tired all the time.
It's not a punishment it's a harvest; It's a result of what we've planted.

*"If you don't like what you're harvesting, change what you're planting."
Craig Groeschel*

2. You harvest more than you plant.

MARK 4:20 (NLT)

And the seed that fell on good soil represents those who hear and accept God's word and produce a harvest of **thirty, sixty**, or even a **hundred times** as much as had been planted!

You plant a mango seed.

You get a tree.

The tree produces fruits.

And the fruits come with more seeds.

And you plant the seeds from the fruits.

And you get more trees.

And you get more fruits from more trees. And so on and so forth!

You harvest more than what you plant!

3. You harvest after you plant.

Don't overestimate the value of one defining moment and underestimate the value of small, smart choices on a daily basis.

God often does big things through small habits.

3. GOD'S POWER, NOT WILLPOWER

Willpower is a limited resource. Willpower wilts.

ROMANS 7:21-23 (NLT)

I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.

You will discover God's power at the end of your power.

2 CORINTHIANS 12:9-11 (NIV)

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me... For when I am weak, then I am strong.

1 CORINTHIANS 15:9-10 (NIV)

For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God.

But by the grace of God I am what I am, and his grace to me was not without effect. **No, I worked harder than all of them- yet not I, but the grace of God that was with me.**

We live in a society today that only wants to be healthy for the self. So to become healthy for our God is a completely different attitude. We are not doing this because we want to please ourselves or others but to please the One who Created us.

DISCUSSION QUESTIONS:

1. Can you share a time you tried to make a change—but it didn’t last? Why do you think it was hard to sustain?
2. What’s one daily habit you have today that’s helping your health—or holding it back?
3. What area of your life is God calling you to surrender—not just to change it, but to let Him transform it?