

**Kingdom Fit: Message # 3  
7-15-18**

***"...No one who puts his hand to the plow and looks back is fit for the kingdom..."***

**Luke 9:62 CSB**

***"For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come."***

**1 Timothy 4:8 CSB**

A healthy body is critical to preparation and executing service opportunities God assigns you.

The three elements of every human being made in the image of God are the body, soul and spirit. Our body allows us to interact physically with our fellow man. Our soul is the seat of our emotions and relates to God and man emotionally. Our spirits relate to God in the realm of the unseen. Bible teaching often only relates to our souls and spirits. However, it is not until all three body, soul and spirit are fit that we can fulfill many of the God given tasks we've been assigned.

Age, injury or illness may limit our physical fitness. God will assign tasks such as prayer and encouragement when our physical health is limited. But just because you smoke, drink or eat excessively means you have been given the gift of prayer. You probably just lack discipline.

***"Discipline yourself for the purpose of godliness." 1 Timothy 4:7 NASB***

Physical fitness is rarely spoken of from the pulpit not because it isn't important, but because it isn't often practiced by the one delivering the message. If I were to wait until I mastered every discipline before I spoke about it, I would have very little to talk about.

**Why is your body important to God?**

**Your physical presence is an encouragement to others.**

***"Therefore encourage one another and build each other up as you are already doing." 1 Thessalonians 5:11 CSB***

***"not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching." Hebrews 10:25 CSB***

***"speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord."  
Ephesians 5:19 CSB***

**Why is your body important to God?**

**Your physical presence is a comfort to others.**

To young Timothy Paul writes after having declared:

***"...the time for my departure is close." 2 Timothy 4:6 CSB***

***"make every effort to come to me soon." 2 Timothy 4:9 CSB***

**Why is your body important to God?**

**Your physical body is where God dwells.**

***"Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own."  
1 Corinthians 6:19 CSB***

Because God wants to interact with other human beings through you; He dwells within you.

That should be no surprise to us. When God sent His Son to earth He clothed Him in human flesh.

***"The Word became flesh and dwelt among us." John 1:14 CSB***

We are custodians of God's house.

It is true that when we visit someone our first impression of that person is the physical appearance of their home. Not the size of the home; not the location of the home; but how the home is maintained reflects most on the resident.

## **Application**

Most often when religious people name the most detrimental influences upon the body they list: excessive and improper use of drugs, abuse of alcohol, smoking and overeating, and promiscuous sexual behavior. They are certainly all hazardous to our body's health, but they are all ways of masking the most common reason for poor health: Stress.

Rather than dealing with stress in healthy ways we are tempted to take the easy way out and mask the symptoms with the activities I've listed above.

We think that we can carry all the burdens of life and remain physically and spiritually healthy. That is a lie straight from hell. We cannot. We cannot carry our cross and our burdens at the same time.

***"casting all your cares on Him, because He cares about you." 1 Peter 5:7 CSB***

I invite you to start the journey back to physical fitness this morning by casting your cares at the feet of Jesus.