



Low Power Mode: Body

October 8-9, 2022

We have more to share. Text **CONNECT** to **888-644-4034**

Doyle A. Jackson

2 Samuel 22:30 (NIV) *David's song of God's deliverance* **30** With your help I can advance against a troop; with my God I can scale a wall.

I. What is draining you?

- ◆ _____
- ◆ _____
- ◆ _____

Proverbs 3:24 (NIV) **24** When you lie down, you will not be afraid; when you lie down, your sleep will be sweet..

"If you aren't getting good sleep, it's hard to eat well, and it's hard to exercise. And the same is true the other way around. They're all related."
—Theodore Friedman, MD, PhD (From Web MD)

1 Timothy 4:7–9 (NIV) **7** Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. **8** For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. **9** This is a trustworthy saying that deserves full acceptance.

Godly _____ has the greatest value.

II. A Choice Needs to be made

1 Corinthians 3:19-20 (NIV) **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;** **20** you were bought at a price. Therefore **honor God with your bodies.**

Will you trust _____ way?

- Rest
- Prayer & Exercise
- Fasting

1 Thessalonians 5:23-24 (NIV) **23** May God himself, the God of peace, sanctify you through and through. **May your whole spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ. **24** The one who calls you is faithful, and he will do it.

Our body must be clearly set aside for _____ use.

III. Living in the Father's Eyes

Would you start living intentionally and focused with your _____?

Are you allowing God to use your Body for His purposes?

Are you willing to let God take your _____?

Prayer:

Heavenly Father, I thank you for my body. I am amazed by how You created me. I ask you to lift any guilt I feel and free me from all addiction. Heal my body. Give me strength to live and declare your good works. In Jesus name, Amen.

Psalm 18:1-6 (NIV) **1** I love you, Lord, my strength.

2 The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

3 I called to the Lord, who is worthy of praise, and I have been saved from my enemies.

4 The cords of death entangled me; the torrents of destruction overwhelmed me.

5 The cords of the grave coiled around me; the snares of death confronted me.

6 In my distress I called to the Lord; I cried to my God for help.

From his temple he heard my voice; my cry came before him, into his ears.

This Week's Bible Readings (Use the TCND App if you want to listen):

- Sat** 1Samuel 28-29 **Sun** 1Samuel 30-31 **Mon** Psalm 97-100; Matt. 7
- Tue** 2Samuel 1-3; Matt. 8 **Wed** 2Samuel 4-6; Matt. 9
- Thur** 2Samuel 7-9; Matt. 10 **Fri** 2Samuel 10-12; Matt 11 **Sat** 2Sam. 13-15