



Beyond the Sermon

A Sermon Application Guide

Title: Bible Fueled Fitness

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Message Theme

Know What's Yours

Prayer Focus

"Father God, you are so worthy of my time. It is an honor to be able to pursue a relationship with you. Thank you for desiring to get to know me and for speaking to me. You are a good father and I want to know you more throughout this next year. "

Key Truths

A relationship with God is a two way street that requires time and attention. The more we dive into the word, the more we can learn about who we are and whose we are. If we are ignorant of the bible, this means we are ignorant to the will of God. Without faith we cant please God and we get faith by hearing by the word of God. We have to have time to get in the word and meditate on what it says. By getting in the word we find out who we are, what is ours, our relationship to God. God's word has to be the foundation of our life.

Meditating in the word means to mull it over, repeat it, and try to get everything we can out of it. Some people think that God's word doesn't work because it has been planted in them but not watered. We have to make sure to get the word in us and continue to do so. God's word will make us strong as christians and we can't grow spiritually without it. This takes time, effort, and sacrifice. If we can't survive off one meal a week, how do we expect to grow spiritually from getting in the word once a week?

Practical Application

Getting in the word daily starts as a desire but it must become a discipline. In every situation we are in we have to apply the word to it.

Psalms 1 tells us to delight in the law of the Lord. What we delight in is what we tend to do in our free time.

A good habit to start fresh with this year is getting in your word every single day. Meditate on it and see how you can apply what you are learning.

Reference Verses

- Acts 20:32
- Hebrews 11:6
- Proverbs 3
- Ephesians 1:6, 3:20
- Joshua 1:8
- Jeremiah 15:16
- Psalms 1:1-3
- 1 Corinthians 3:6, 10:11
- Matthew 4:4
- Colossians 3:4
- 2 Timothy 3:14-17
- Titus 1:12
- 2 Kings 23:25
- 1 Kings 13:1-4
- Isaiah 26:3
- James 1:22-25

Declarations

I am in control of what I do with my time and I give my attention to what is important. The most important and rewarding thing I can do with my time is get into the word and pursue God. I want to prioritize my relationship with the Father.

What's Next?

Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

Scripture References

Bible Fueled Fitness

Acts 20:32 NKJV "So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified."

1 Peter 2:2 NKJV ...as newborn babes, desire the pure milk of the word, that you may grow thereby...

Acts 20:32 NKJV "...and give you an inheritance among all those who are sanctified."

2 Corinthians 5:17 NKJV ... if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Hebrews 11:6 NKJV But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Romans 10:17 NKJV So then faith comes by hearing, and hearing by the word of God.

Proverbs 3:1-2 NKJV My son, do not forget my law, But let your heart keep my commands; For length of days and long life And peace they will add to you.

Luke 1:28 NKJV ..."Rejoice, highly favored one, the Lord is with you; blessed are you among women!"

Ephesians 1:6 NKJV ...by which He made us accepted in the Beloved.

Ephesians 3:20 NKJV Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us...

1 Peter 1:23 NKJV ...having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever...

Joshua 1:8 NKJV This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Psalms 1:2 NKJV But his delight is in the law of the Lord, And in His law he meditates day and night.

Jeremiah 15:16 NKJV Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart...

1 Corinthians 3:6 NKJV I planted, Apollos watered, but God gave the increase.

Colossians 3:4 NKJV ...Christ who is our life...

2 Timothy 3:15-17 MSG...you took in the sacred Scriptures with your mother's milk! There's nothing like the written Word of God for showing you the way to salvation through faith in Christ Jesus. Every part of Scripture is God-breathed...

2 Timothy 3:15-17 MSG Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us.

1 Corinthians 10:11 KJV ...these things...are written for our admonition, upon whom the ends of the world are come.

Titus 1:12-13 NKJV One of them, a prophet of their own, said, "Cretans are always liars, evil beasts, lazy gluttons." This testimony is true. Therefore rebuke them sharply...

2 Kings 23:25 NKJV Now before him there was no king like him, who turned to the Lord with all his heart, with all his soul, and with all his might, according to all the Law of Moses; nor after him did any arise like him.

1 Kings 13:2 NKJV Then he cried out against the altar by the word of the Lord, and said, "O altar, altar! Thus says the Lord: 'Behold, a child, Josiah by name, shall be born to the house of David; and on you he shall sacrifice the priests of the high places who burn incense on you...'"

Deuteronomy 17:18 NKJV "Also it shall be, when he sits on the throne of his kingdom, that he shall write for himself a copy of this law in a book, from the one before the priests, the Levites.

Deuteronomy 17:19 NKJV ...and he shall read it all the days of his life, that he may learn to fear the Lord his God.

Deuteronomy 17:19-20 NKJV ...be careful to observe all the words of this law and these statutes, that his heart may not be lifted above his brethren...

James 1:22-25 NKJV But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

Joshua 1:8 NKJV This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.