

LETTING GOD BE YOUR PERSONAL TRAINER THIS YEAR

Part #1 of Series: Personal Trainer

January 20th-21st, 2024

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“May God Himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ.” 1 Thessalonians 5:23 (MSG)

What sorrow awaits those who argue with their Creator. Does a clay pot argue with its maker? Does the clay dispute with the one who shapes it, saying, ‘Stop, you’re doing it wrong!’ Does the pot exclaim, ‘How clumsy can you be?’” Isaiah 45:9 (NLT)

- **Respect Your Body**
- **My Body Was Created By God**

“You made all the delicate, inner parts of my body and knit them together in my mother’s womb. Thank You for making me so wonderfully complex! It is amazing to think about. Your workmanship is marvelous—and how well I know it.”

Psalms 139:13-14 (TLB)

- **The Body Was Worn By God**

“The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the One and Only Son, Who came from the Father, full of grace and truth.”

John 1:14 (NIV)

- **My Body Was Purchased By God**

“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.”

I Corinthians 6:19-20 (NIV)

“And so, dear brothers and sisters I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship him.”

Romans 12:1 (NLT)

1. BE PASSIONATE ABOUT A HEALTHY PHYSICAL BODY

“...that each of you should learn to control your own body in a way that is holy and honorable...” 1 Thessalonians 4:4 (NIV)

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything. You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body.” 1 Corinthians 6:12-13 (NIV)

“I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” 1 Corinthians 9:27 (NLT)

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” 2 Timothy 1:7 (NIV)

2. BE PREPARED FOR A PERFECT HEAVENLY BODY

“For our dying bodies must be transformed into bodies that will never die; our mortal bodies must be transformed into immortal bodies.” 1 Corinthians 15:53 (NLT)

“Physical exercise has some value, but spiritual exercise is much more important, for it provides a reward in both this life and the next.” 1 Timothy 4:8 (GNT)

- **Make Christ The Lord Of My Life**
- **Build Your Spiritual Muscles**

3. BE A PART OF A HEALTHY CHURCH BODY

“For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.” Romans 12:4-5 (NIV)