

A FOCUS ON GETTING FIT

*Focus on your life and your teaching. Continue to do what I've told you. If you do this, you will save yourself and those who hear you.*

1 Timothy 4:16 (GW)

*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."*

Mark 12:30 (NIV)

❖ Getting PHYSICALLY Fit This Year:

*I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along as well.*

3 John 1:2 (NIV)

1. Accept a HEALTHY ATTITUDE toward your body.

*As a man thinks in his heart, so is he.*

Proverbs 23:7 (NIV)

2. Become MOTIVATED and DISCIPLINED to change.

*Run in such a way as to win the prize.*

1 Corinthians 9:24b (NIV)

3. Commit to follow GOD'S LAWS of health.

*Pay attention to my words...they are health to a man's entire body.*

Proverbs 4:20,22 (NIV)

❖ Getting EMOTIONALLY Fit This Year:

*It is better to be slow-tempered than famous; it is better to have self-control than control an army.*

Proverbs 16:32 (LB)

1. RECOGNIZE the end RESULTS.

*A hot-tempered man... gets into all kinds of trouble.*

Proverbs 29:22 (LB)

2. REFLECT before REACTING.

*A stupid man gives free rein to his anger; a wise man waits and let's it grow cool.*

Proverbs 19:11 (NEB)

3. RESTRAIN your REMARKS.

*A gentle answer quiets anger, but a harsh word stirs it up.*

Proverbs 15:1 (GN)

❖ Getting SPIRITUALLY Fit:

*(Jesus) was delivered over to death for our sins and was raised to life for our justification. Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand."*

Romans 4:25, 5:1-2 (NIV)

1. Accept God's FORGIVENESS.

*If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

1 John 1:8-9 (NIV)

2. FORGET your past.

*"Blessed are they whose transgressions are forgiven, whose sins are covered. Blessed the man whose sin the Lord will never count against him."*

Romans 4:7-8 (NIV)

3. FOCUS on Him.

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.*

Romans 12:1-2 (NIV)

❖ Closing Challenge: Let's choose to GET FIT this year...

*Therefore if anyone is in Christ, he is a new creation; the old has gone, the new has come!*

Ephesians 5:17 (NIV)