

C. S _____

1 Corinthians 9:27 "... 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."

Adults need _____ minutes and children need _____ hour of daily physical activity.

3. I COMMIT TO _____ EVEN WHEN FACING OBSTACLES

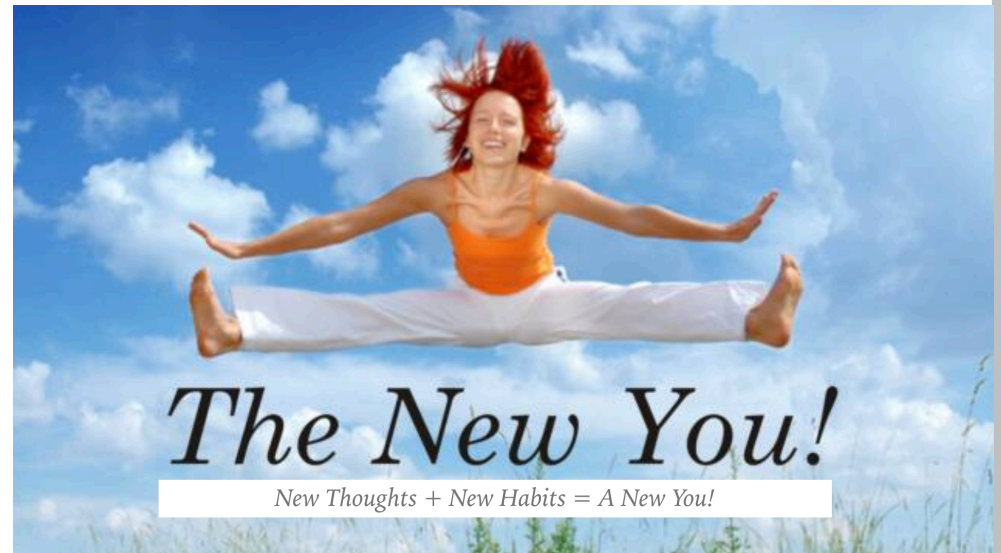
When it is in my power, I will make _____

When it is not in my power, I will ask God for _____

Exodus 15:22-23, 25-27 (NIV) "Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. When they came to Marah, they could not drink its water because it was bitter.... Then Moses cried out to the Lord, and the Lord showed him a piece of wood. He threw it into the water, and the water became sweet.... I am the Lord, who heals you (Jehovah Rapha). Then they came to Elim, where there were twelve springs and seventy palm trees..."

HABITS THAT WILL TRANSFORM ME INTO BECOMING NEW:

1. **Bible reading** (Matthew 4:4 "People don't live on bread alone, but on every word that comes from the mouth of God.")
2. **Talking to God** (Mark 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.")
3. **Attending Church** (Luke 4:16 "And on the Sabbath day Jesus went into the synagogue, as was his custom.")
4. **Making Faith Confessions** (1 Cor. 2:12-13)
5. **Worship Wednesdays: Fast** one meal or one hour of TV/computer. (Matthew 6:16 "When you fast...")



FIT TO FULFILL MY PURPOSE!

THEME SCRIPTURES:

Matthew 4:23 (NIV)

"Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people."

Preaching- _____

Teaching- _____

Healing- _____

3 John 1:2 (AMP)

"Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as your soul prospers [spiritually]."

Definition of "Fit"= _____

7 KEYS AREAS OF MY LIFE: 1. Spiritual Life 2. Thought Life 3. Emotional Life 4. Work Life 5. Relational Life 6. **Physical Health** 7. Financial Life

3 COMMITMENTS I MAKE TO BE FIT FOR MY DESTINY:

1. I _____ MY BODY TO GOD

Romans 12:1 (NIV) "I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God. This is your spiritual act of worship."

Why does God ask me to offer my body as worship?

A. My body was _____ by God.

Psalm 139:13-14 (NIV) "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

B. My body was _____ by Jesus Christ

1 Corinthians 6:20 (NIV) "You are not your own; you were bought at a price. Therefore honor God with your body."

C. My body is where the _____ lives

1 Corinthians 6:19 (NIV) "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"

D. My body will be _____ when I die

1 Corinthians 6:14 (NIV) "By his power God raised the Lord from the dead, and he will raise us also."

2. I COMMIT TO _____ & _____ MY BODY

Ephesians 5:29 (NIV) "No one hates his own body but feeds and cares for it, just as Christ cares for the church."

1 Corinthians 6:12 & 20 (NIV) "Everything is permissible for me' - but not everything is beneficial. `Everything is permissible for me' but I will not be mastered by anything... You are not your own; you were bought at a price. Therefore honor God with your body."

THREE AREAS TO MANAGE AND DISCIPLINE

A. S _____

Psalm 23:1-2 (NIV) "The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters..."

You will spend 1/3 of your life asleep, or at least you should!

Adults need _____ of sleep

Teenagers need _____ of sleep

Children ages 6-12 need _____ of sleep

B. S _____

Psalm 119:73 (TLB) "You made my body, Lord; now give me sense to heed your laws."

A balanced meal consists of _____

My body also needs _____

I may also need _____