

# Get “Physically” Fit

## “Healthy Habits for a New Year”

Sunday, January 23, 2011

Pastor Chuck Wysong

### MEMORY VERSE:

“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.” 1 Corinthians 6:19,20

### “Seven Pillars of Health” by Dr. Don Colbert

- Water
- Sleep and Rest
- Living Food
- Exercise
- Detoxification
- Nutritional Supplements
- Freedom from Stress

## 5 Ways to Get Fit Physically...

### 1. CONSIDER WHAT I EAT EVERYDAY

“You may say, ‘I am allowed to do anything.’ But I reply, ‘Not everything is good for you.’ And even though ‘I am allowed to do anything,’ I must not become a slave to anything.” 1 Corinthians 6:12

### 2. Stay ACTIVE AND EXERCISE REGULARLY

“The lazy person is full of excuses, saying, ‘If I go outside, I might meet a lion in the street and be killed!’” Proverbs 22:13

- GET AN ACCOUNTABILITY PARTNER.
- CHOOSE AN EXERCISE ROUTINE YOU ACTUALLY ENJOY.

- SCHEDULE PHYSICAL ACTIVITY THAT BEST FITS YOUR SCHEDULE.
- PRACTICE THE “SOMETHING IS BETTER THAN NOTHING” PRINCIPLE.

### 3. Take TIME TO REST EVERY WEEK

“Then (Jesus) said to them, ‘The Sabbath was made to benefit people, and not people to benefit the Sabbath.’” Mark 2:27

### 4. Commit to REDUCING STRESS IN YOUR LIFE.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6,7

### 5. Schedule APPOINTMENT FOR A COMPLETE MEDICAL CHECK-UP

“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

### MY NEXT STEP TODAY IS TO:

- Memorize 1 Corinthians 6:19-20.
- Pray and ask God to help me to be more disciplined in my physical life.
- Develop a realistic plan for myself. Circle one or all. I will commit to...
  - Eating Better
  - Regular Exercise
  - Taking time to Rest
  - Reduce Stress
  - Medical Check-up
- Sign up for Discovering Bayside for Sunday, February 27. Please send me more info.

Join us next Sunday as we continue our “GET IT” teaching series” with “Get Financially Fit”

## Time with God

Take a few minutes every day to read Scripture, pray, and answer some thought provoking questions pertaining to this week's topic.

### This week's memory verse:

"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." 1 Corinthians 6:19.20

## Monday

Think back over the sermon from last weekend. Write down one or two steps you are going to apply today. Which point do you struggle with the most? Which point from the sermon stood out to you most and why? Read 1 Corinthians 6:12. How have you seen the truth of these verses in your life? *Thank God today for the honest relationship you can have with Him. Thank Him for the truth of the Bible. Ask Him to help you as you honestly evaluate your life and seek His help to change.*

## Tuesday

Read 2 Corinthians 1:9, 3:5 and 12:9. What truth do you see repeated in each of these verses? Why is it so difficult to admit that you have a problem? Read Proverbs 28:13, 27:17 and Ecclesiastes 4:9-10. It can be a difficult to sit down with a friend or pastor and admit that you have a problem. Think about the habit that you're struggling with and write down a plan for sharing that problem with a friend in the near future. What are the benefits of sharing your struggle with someone else? *Thank God today that you don't have to struggle alone. Ask Him for the courage to be honest and the right time to share your struggle with a friend.*

## Wednesday

Read Proverbs 5:11-12 and 6:27-28. Why is it so difficult to remember the consequences to bad choices and habits? Look over the list of consequences in point 2. Which of these has hit home most recently in your life? Read Psalm 40:1-2, Matthew 19:26 and Romans 5:8. If all you did was focus on the consequences of your struggle that would get pretty discouraging! How do these verses encourage you to see that there is hope? When you face down your habit this week, how can you use a combination of remembering the results and God's power to help you resist? *Thank God today that there are consequences, both good and bad, in life. Thank Him for His love for you and for being "on your side".*

## Thursday

Read Proverbs 21-23 and Romans 12:1-2. The battle for your mind rages every day! It is so important to get into the habit of renewing your mind. How do you see the struggle for your mind in the habit you struggle with? Now that you recognize the struggle for your mind, how will you make renewing your mind a priority? How do you think it will help you in the struggle you face? What does it mean to you to "guard your heart"? How does that apply to the struggle you're facing?

List two ways you can "guard your heart" today:

- 1.
- 2.

*Thank God today that He provides help for you in your struggle. Ask Him to help you renew your mind and guard your heart today.*

## Friday

How does understanding God's grace and unconditional love for you help you to overcome your habit? Read Psalm 73:26, 2 Corinthians 5:17 and 2 Peter 2:9. Think about a time in your life when Jesus was not Lord of your life. What was your life like?

List three things that characterize your life when Jesus is Lord.

- 1.
- 2.
- 3.

Why is it a struggle to continually make Christ the Lord of all your life, including your struggles?

What have you learned this week that will help you?

*Thank God today for His grace and mercy. Thank Him for His love for you. Ask Him to be the Lord of all your life.*

## Saturday

Read Proverbs 24:16. Rejoice in the fact that you can start over, that failure isn't fatal! Spend some time talking to God about the struggles you face and the habits that you can't seem to break. Ask Him to help you apply what you learned this week. Please pray for the services this weekend.

*Pray that many people will be transformed by the Good News of God's transforming grace.*