



freshstart **In My Fitness**

Fresh Start Series – Part 1

1Corinthians 6:12-13, 19-20; and Proverbs 25:27-28

Anthony Grove Baptist Church

Dr. Dennis E. Bean

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1 Corinthians 6:12-13

12 "Everything is permissible for me"—but not everything is beneficial.

"Everything is permissible for me"—but I will not be mastered by anything. 13

"Food for the stomach and the stomach for food"—but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.



1 Corinthians 6:19-20

1⁹ Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 2⁰ you were bought at a price. Therefore honor God with your body.



Proverbs 25:27-28

27 It is not good to eat too much honey, nor is it honorable to seek one's own honor. 28 Like a city whose walls are broken down is a man who lacks self-control.

(NIV)





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I. Develop A Healthy Attitudes Toward Your Body.

A. Unhealthy Attitudes:

- ▶ Reject Your Body.
- ▶ Perfect Your Body.
- ▶ Neglect Your Body.

B. Healthy Attitudes

► **Respect _____ Your Body.**

Psalm 139:14 ¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (NIV)

► **Protect _____ Your Body.**

II. Motivate Yourself To Change.

A. Understand The Reasons To Take Care of Your Body.

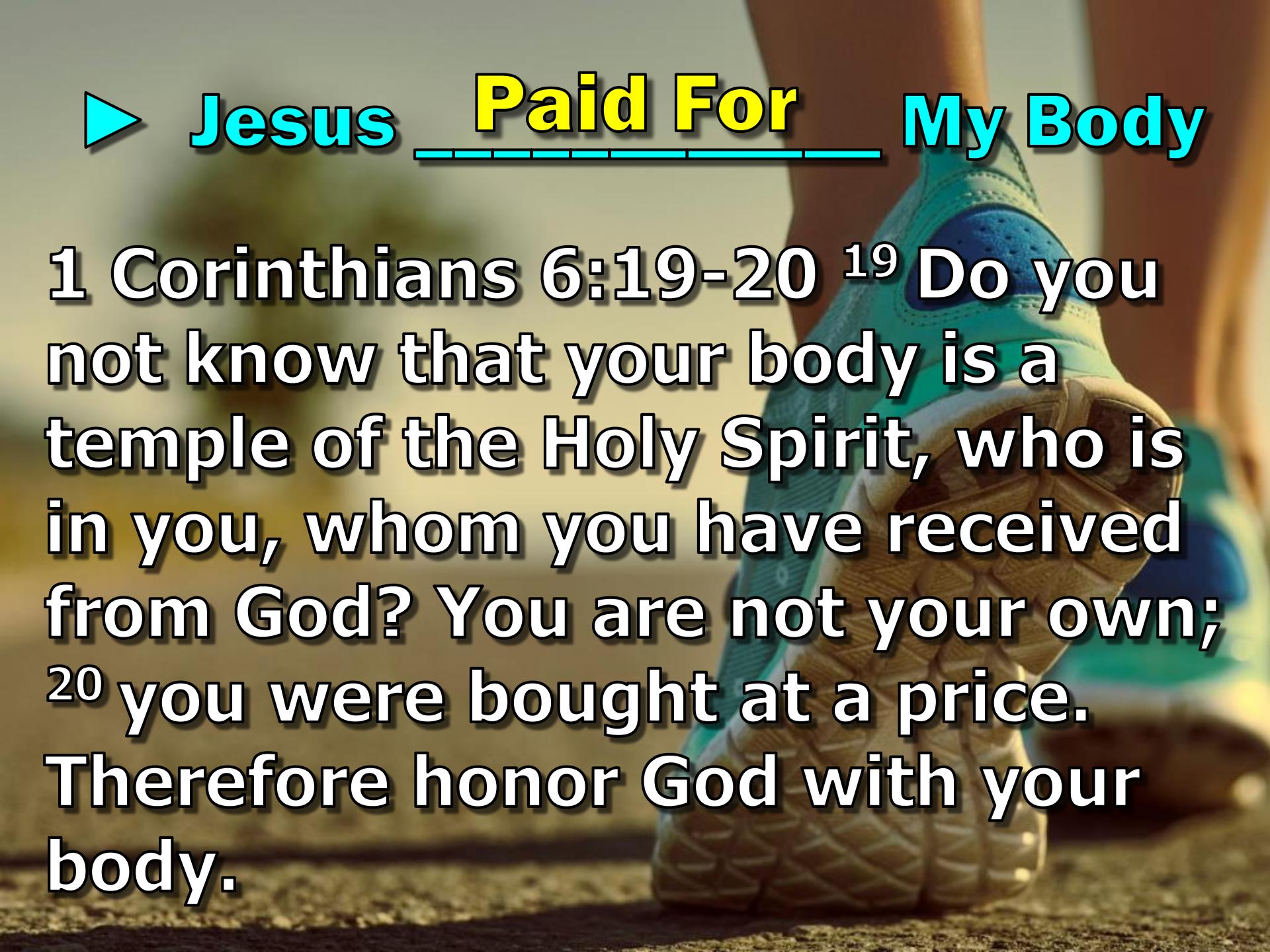
1. Physical Reasons

- I'll Feel Better.
- I'll Look Better.
- I'll Live Longer.

2. Spiritual Reasons

► **God Made My Body**

Psalm 139:14 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.



► Jesus Paid For My Body

1 Corinthians 6:19-20 ¹⁹ Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your body.

► The Holy Spirit Lives My Body

1 Corinthians 3:16 16 Don't you know that you yourselves are God's temple and that God's Spirit lives in you?

B. Stop Making Excuses.

Acts 24:25²⁵ As Paul discoursed on righteousness, self-control and the judgment to come, Felix was afraid and said, "That's enough for now! You may leave. When I find it convenient, I will send for you." (NIV)

III. Follow God's Law of Health

**3 John 2 ² Dear friend, I
pray that you may enjoy
good health and that all
may go well with you, even
as your soul is getting
along well.**

A. Maintain Your Ideal Weight

1 Thessalonians 4:4 ⁴ that each of you should learn to control his own body in a way that is holy and honorable,

B. Balance Your Diet

1 Corinthians 6:12-13 ¹² “Everything is permissible for me”—but not everything is beneficial. “Everything is permissible for me”—but I will not be mastered by anything. ¹³ “Food for the stomach and the stomach for food”—but God will destroy them both.

C. Commit To Regular Exercise.

1 Timothy 4:8 Physical exercise has some value,... (NLT)

1 Corinthians 9:27 ²⁷ No, I beat my body and make it my slave ... (NIV)

- ▶ **Common Excuse:**
I Don't Have Time
- ▶ **Common Mistake:**
Over Do It To Start With

4. Get Enough Sleep & Rest.

Psalm 127:2 2It is senseless for you to work so hard from early morning until late at night, ... for God wants his loved ones to get their proper rest. (TLB)

5. Abstain From Toxins

Ephesians 5:18 Don't be drunk with wine, because that will ruin your life. Instead, let the Holy Spirit fill and control you. (NLT)

Luke 1:15

15 Your son will be a great servant of the Lord. He must never drink wine or beer, and the power of the Holy Spirit will be with him from the time he is born.(CEV)

1 Corinthians 3:17

17 If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are. (NASB)

6. Live In Harmony with God.

**Proverbs 14:30a 30 A
heart at peace gives life
to the body, (NIV)**

Practical Tips:

Make It Spiritual

Get A Buddy

Find A Plan For You

Eat smaller portions

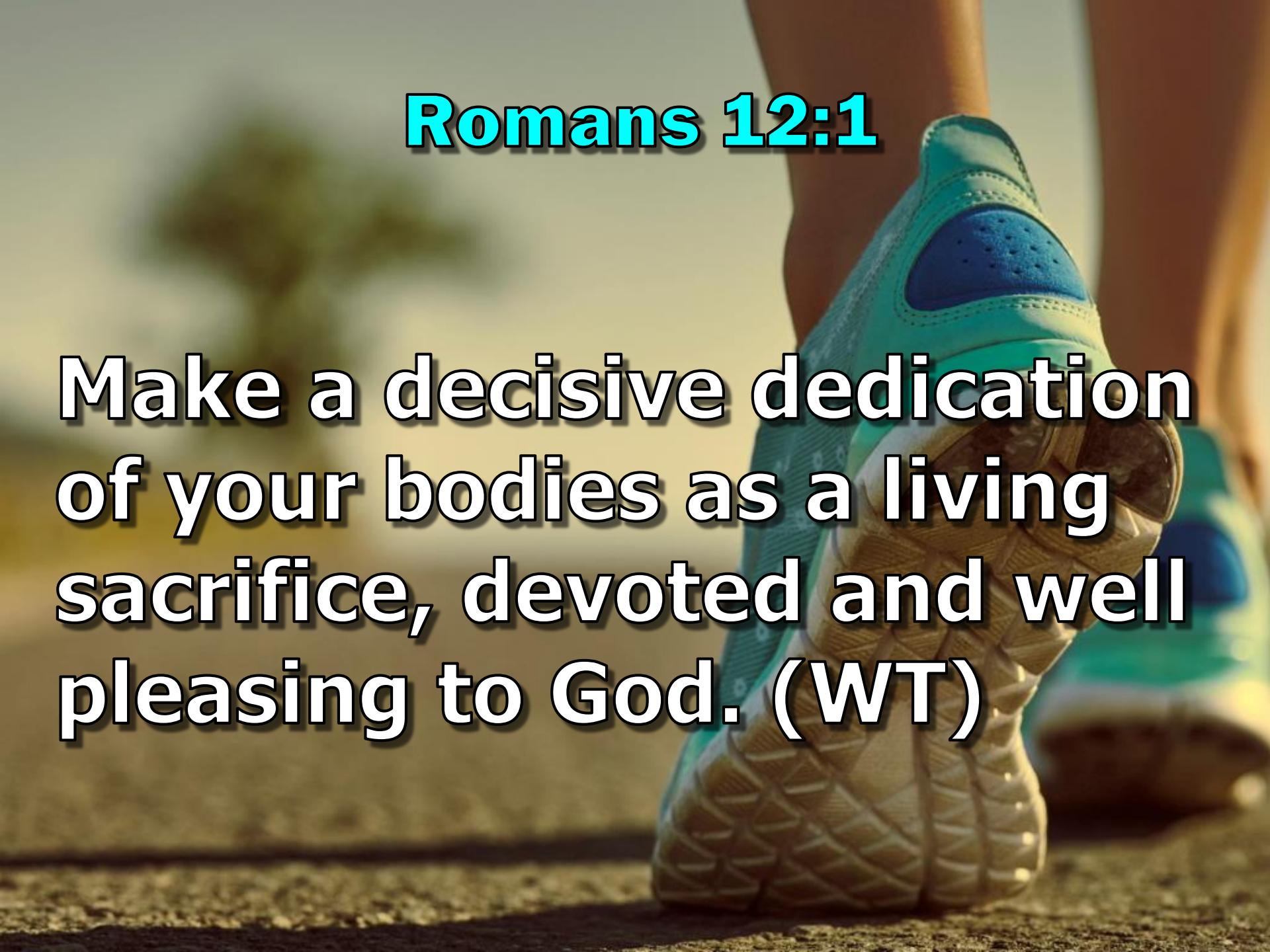
Eliminate Sugary Drinks

Keep It Simple

Don't Take The Easy Way

Think About the Kids, grandkids,





Romans 12:1

**Make a decisive dedication
of your bodies as a living
sacrifice, devoted and well
pleasing to God. (WT)**



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