

Get Fit

“Physical Fitness”

2 Pet. 1:5-6: “Make every effort to add to your faith goodness; and to goodness, knowledge;⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness.”

1 Cor. 6:19-20: “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.”

What Do I Need to Do to Get Fit Physically?

1. I need to watch what I consume to protect my body.

- **Prov. 23:20-21:** “Do not join those who drink too much wine or gorge themselves on meat,²¹ for drunkards and gluttons become poor, and drowsiness clothes them in rags.”
- **1 Cor. 10:31:** “So whether you eat or drink or whatever you do, do it all for the glory of God.”

2. I need to work out routinely to condition my body.

- **1 Tim. 4:8a:** “...physical training is of some value...”
- **1 Cor. 9:27:** “...I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

3. I need to warm up to stress management to refresh my body.

- **Col. 3:23:** “Whatever you do, work at it with all your heart, as working for the Lord, not for men...”
- **Mark 6:31:** “...because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”
- **Rom 12:1:** “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.”