

Personal Tune-up for 2007

Tuning Up Physically ~ February 25, 2007

Laying the foundation - ***All Scripture (the Bible) is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.***
2 Timothy chapter 3 verses 16 & 17 (915)

God cares about my physical body because:

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians chapter 6 verses 19 & 20 (873)

- My body is the home of the Holy Spirit, a guest that I'm housing on behalf of God the Father. The Holy Spirit deserves nothing but my best
- My body is not mine...it's on loan from God the Father, who paid a VERY high price for it, Jesus' life!
- As a result, I MUST (*not given an option by God!*) honor God in AND with my body

Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God's temple is holy, and you are that temple. 1 Corinthians chapter 3 verses 16 & 17 (871)

- *all of you together* - what I do or don't do in / with my physical body affects "the body of Christ!" Think about the ramifications of this one truth!
- My responsibility to my body goes beyond myself. As a Christ-follower, what I do / don't do physically impacts "the body of Christ" at large
- *holy* = physical & moral purity
- verse 17 - "...and YOU (plural, collectively) are that temple!"

Some Biblical guidelines about caring for myself physically...

It's not about me...I'm part of something bigger!

The Apostle Paul, at the end of his life, said this: "As for me, my life has already been poured out as an offering to God. The time of my death is near. I have fought the good fight, I have finished the race, and I have remained faithful." 2 Timothy chapter 4 verses 6 & 7 (915)

- *already been poured out* - devoted to God
- *fought* - to struggle, to contend against an adversary, to labor fervently
- *the good fight* - a conflict, contest, fight, race
- *I have finished the race* - to complete, accomplish, conclude

Just because something is good, doesn't mean that more of it is better! ***Do you like honey? Don't eat too much, or it will make you sick!*** Proverbs chapter 25 verse 16 (499)

Just because something is good doesn't mean that it's good for me! - ***You say, "I am allowed to do anything," but not everything is good for you.*** 1 Corinthians chapter 6 verse 12 (873)

- In Christ, I have incredible freedom, freedom to do anything that is not sinful
- *good* = expedient, advantageous
- I must have wisdom in determining what I do with my freedom (*because it's not about me!!!*)

Other than the Holy Spirit, nothing is to have control or mastery over me!

Even though “I am allowed to do anything,” I must not become a slave to anything.

1 Corinthians chapter 6 verse 12 (873)

- As a Christ-follower, ONLY the Holy Spirit is to be in control of me...there should be no addictions, nothing I am powerless against in my life (no food, drink, habit, etc.)

In issues concerning my freedom in Christ (*non-sinful stuff*), God is NOT looking for all of us to be the same! - ***For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit. If you serve Christ with this attitude, you will please God.... So then, let us aim for harmony in the church and try to build each other up. Don't tear apart the work of God over what you eat.*** Romans chapter 14 verses 17-20 (867)

- God places lots of importance on all of us living lives of goodness and peace
- When I do this, I please God
- God doesn't want us all to be the same, but he does want us to be unified!!!

Making this personal...interact with these questions...

Because I want to faithfully complete MY race, what do I need to STOP?

- What food, drink, habit is destroying me physically and / or enslaving me?
- Whatever it is, it has now become sin to me (*see 1 Corinthians chapter 6 verse 12*)
- I need to put together AND execute a plan to take this out of my life
- Make our Fit-Mix, Set Free group, Women's Bible Study, Men's Accountability Group, Men's B&B, or Life Together group a part of your plan

Because I want to faithfully complete MY race, what do I need to START?

- What do I need to start doing to better care for myself physically (i.e. exercise; change the way I eat; go to the doctor for a check-up; start dealing with my high-blood pressure, weight, eating habits, etc.; start talking about my addiction / enslavement, etc.)
- Listen to God & then take one deliberate step forward!
- Make our Fit-Mix, Set Free group, Women's Bible Study, Men's Accountability Group, Men's B&B or Life Together group a part of your plan

Because I want to faithfully complete MY race, what do I need LESS OF?

- What good thing am I consuming too much of?
- What good thing am I allowing to be too great a priority in my life?

Because I want to faithfully complete MY race, what do I need MORE OF?

- What good food / drink / habit needs to become a greater part of my life?
- How much fruit / vegetables do I consume daily?
- How much water do I drink daily?
- How much exercise do I get on a regular basis?

Next week: Tuning Up Spiritually