



GET PHYSICALLY FIT

We Fit: Part 2 of 5

January 10, 2010 || David Crosby
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Memory Verse

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” 1 Corinthians 6:19-20

“Seven Pillars of Health”

From the book “Seven Pillars of Health” by Dr. Don Colbert

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

5 PHYSICAL DISCIPLINES THAT HONOR GOD:

1. CONSIDER _____.

“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be enslaved by anything. “Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other.” 1 Corinthians 6:12-13a

2. STAY _____.

“The sluggard says, “There is a lion outside! I shall be killed in the streets.”
 Proverbs 22:13

3. TAKE _____.

“And he (Jesus) said, “The Sabbath was made for man, not man for the Sabbath.” Mark 2:27

4. COMMIT _____.

“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.” 1 Corinthians 6:13b

“Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.” 1 Corinthians 6:18

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.
- Sign up for Water Baptism on Sunday, January 31. Please send me more info.
- Develop a realistic plan for myself in the area(s) of _____.

Join us next Sunday as we continue our new teaching series, “We Fit” with Part 3 - “Get Emotionally Fit”



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