

My Fitness

Part 6, You 2.013 - Finding and Doing the Will of God

Fit for the purpose & plan of the King

My true purpose will be found in doing the bidding of my great Father, God & King; so, I will steward my body into fitness so I'm ready when He calls me into action.

Six reasons that taking care of your health makes great sense:

Always be ready to tell about the Hope that you have. I Peter 3:15

The Apostle Paul & John Wesley & Daniel

Ephesians 2:8-9

8 For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

New International Version (1984)

I Corinthians 6:20

Do you not know that your body is the temple of The Spirit of Holiness who dwells within you, whom you have received from God, and you are not your own?

Aramaic Bible in Plain English (©2010)

I Corinthians 9:27

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.

New Living Translation (©2007)

1 Corinthians 10:23-26

23 "Everything is permissible"—but not everything is beneficial. "Everything is permissible"—but not everything is constructive.

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23 "Everything is permissible"—but not everything is beneficial. "Everything is permissible"—but not everything is constructive.

24 Nobody should seek his own good, but the good of others. 25 Eat anything sold in the meat market without raising questions of conscience, 26 for, "The earth is the Lord's, and everything in it."

New International Version (1984)

Romans 12:1

Therefore, 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.

New International Version (1984)

Principles for Followers of Jesus to Follow:

A sacrifice costs something and it is to be unblemished.

Since my body is His temple He has the right to use it however He sees fit.

I am the steward of this body and I intend to keep it usable & available for His purposes at all times.

I have a great mission to be a part of, and in order to be the most available physically, mentally, financially, and spiritually I will master my body and make it His slave so that I can offer it all to Him and be used by Him for a fantastic purpose beyond my imagination.

His Mission Deserves the Best I've Got because my purpose is found in His dream for the world.

Discipline comes from a strong vision of who I hope to become and how I hope to be used for a purpose that energizes me and glorifies Him. When I allow my purpose to be wrapped up inside of His dream for the world the way that Paul does, then I can be powerfully used by God.

God is not super interested in my fitness for my fitness' sake, but He is vitally interested in how I invest the talents that He has granted to me and this includes my fitness.

So what?

**Walk with God [really, get up and walk a lot more than you do now]
Chug H2O like a fish
Chomp on Veggies like a fat rabbit**

Call to Action:

You don't just belong to you, you were bought at a price and truly belong to God; so, get up and get moving, fuel up properly and get fit for the King so that we He calls you can haul.

Dig deeper here: <http://phosnews.blogspot.com/2013/01/fit-for-king-being-ready-to-do-gods.html>

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