

Next Sunday @ phos

“My Fitness”

January 13 @ 9:30 & 11 AM

YOU 2.013
SERIES



ZEKIEZ

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.



Always be ready to
tell about the hope
that you have.



Six Reasons to Take Better Care of Your Body:



A person is running on a paved path that curves through a park-like setting. The sun is low on the horizon, creating a strong backlight effect and long shadows. The path is bordered by a grassy area on the left and trees on the right. The overall mood is peaceful and active.

The Apostle Paul John Wesley Daniel

A person is running on a paved path that curves through a wooded area. The person is silhouetted against a bright, hazy sky, suggesting early morning or late afternoon. The path is bordered by grass and trees, and the overall scene is peaceful and active.

Ephesians 2:8-9

New International Version (1984)

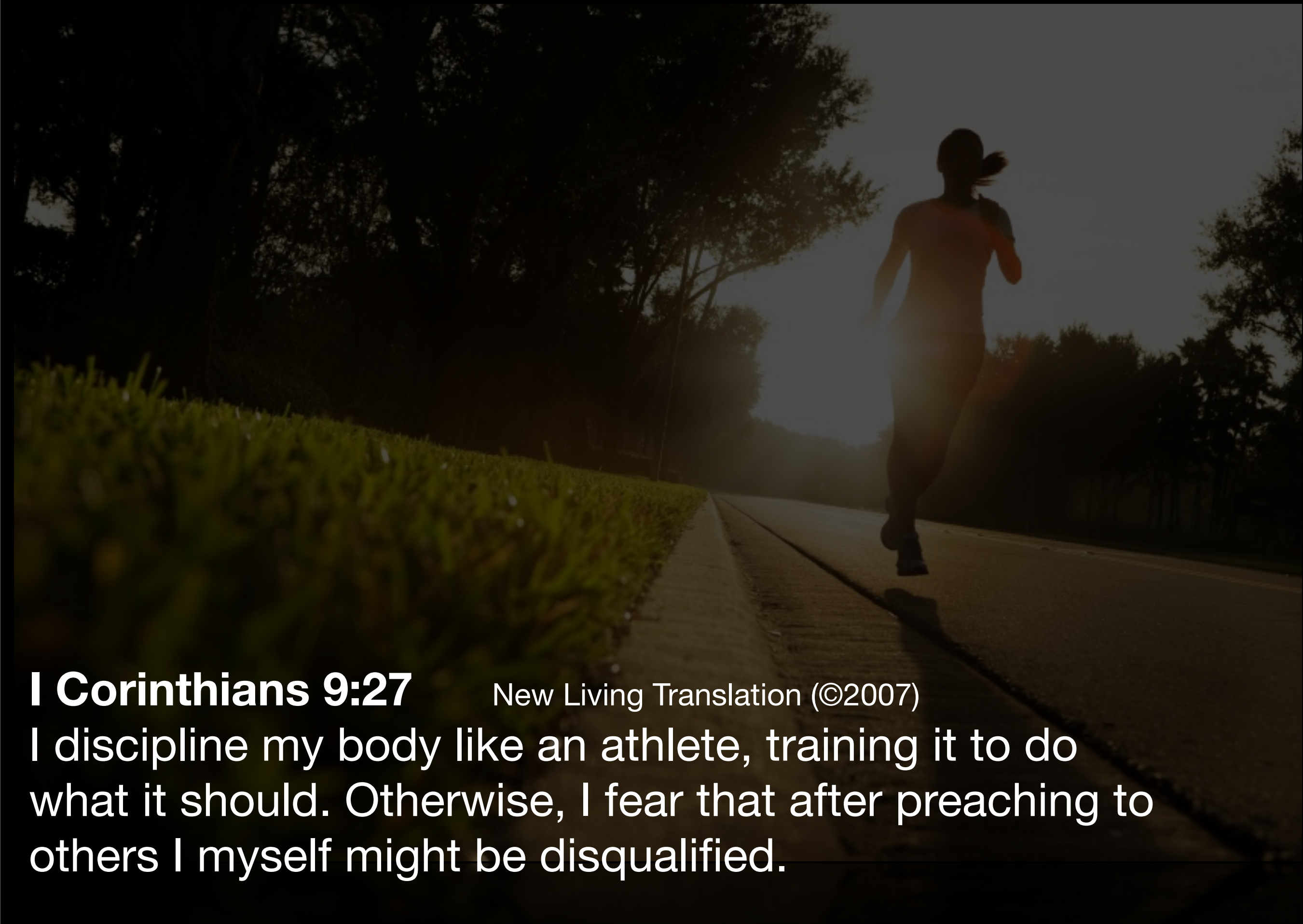
8 For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

A person is running on a paved path that curves through a wooded area. The path is bordered by a grassy field on the left. The scene is captured in a low-angle shot, emphasizing the runner's movement. The background is filled with trees and foliage, creating a sense of a natural, outdoor environment. The overall tone is serene and active.

I Corinthians 6:20

Aramaic Bible in Plain English (©2010)

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?



I Corinthians 9:27

New Living Translation (©2007)

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.

A person is running on a paved path that curves through a wooded area. The person is seen from behind, silhouetted against a bright, hazy sky. The path is bordered by grass and trees, and the overall scene is dimly lit, suggesting early morning or late afternoon.

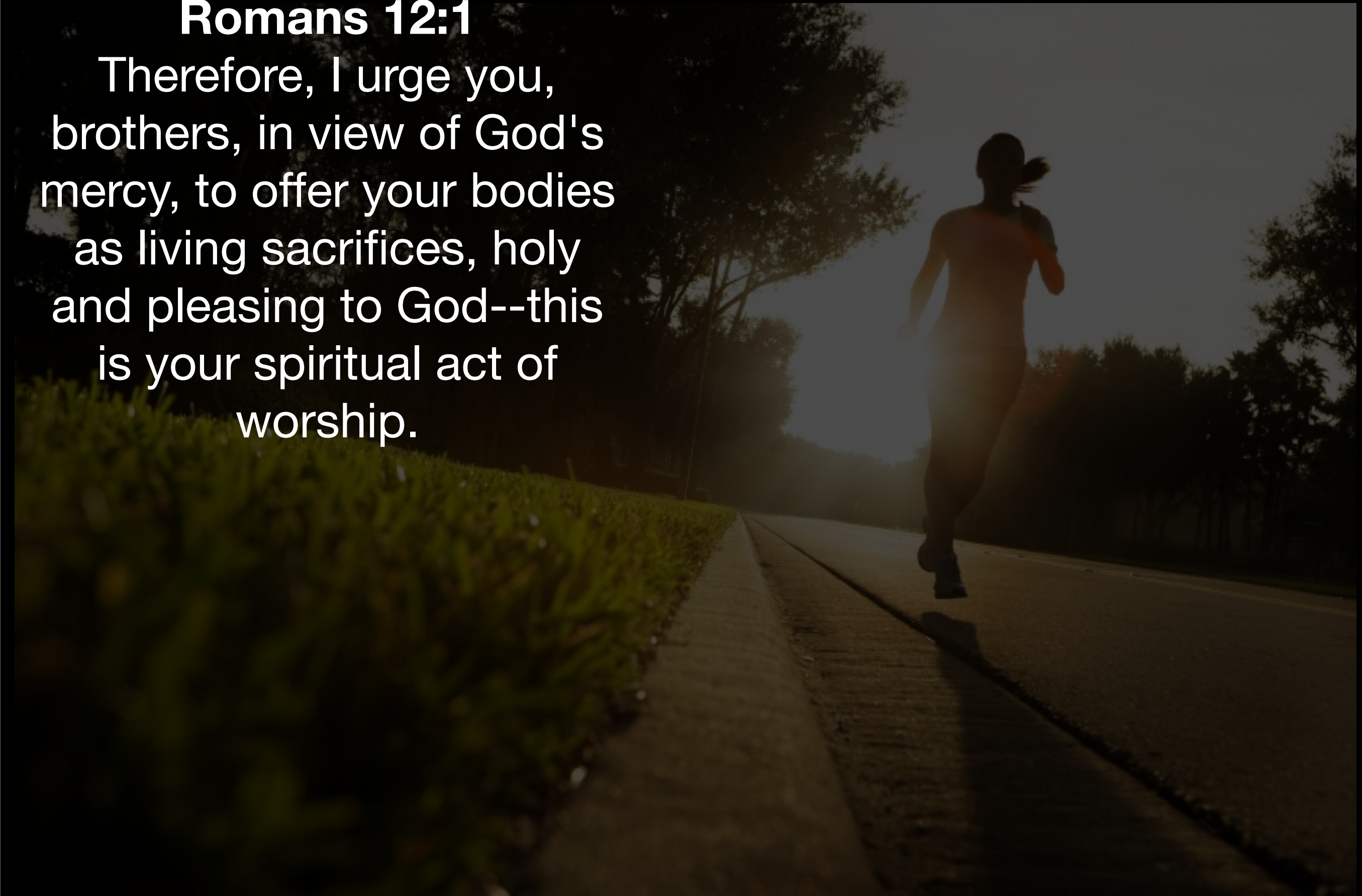
1 Corinthians 10:23-26

New International Version (1984)

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.”

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.

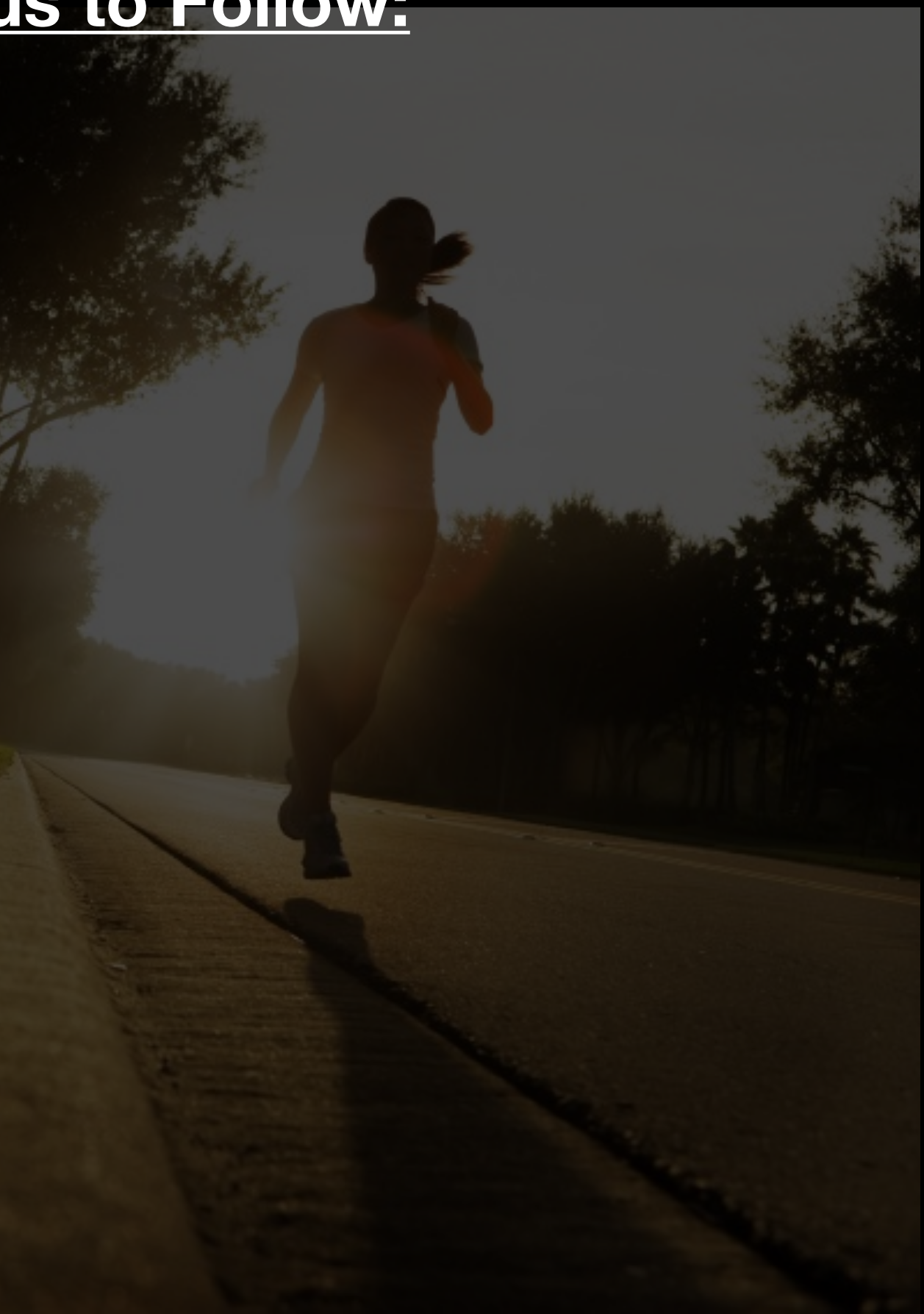


Principles for Followers of Jesus to Follow:

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.



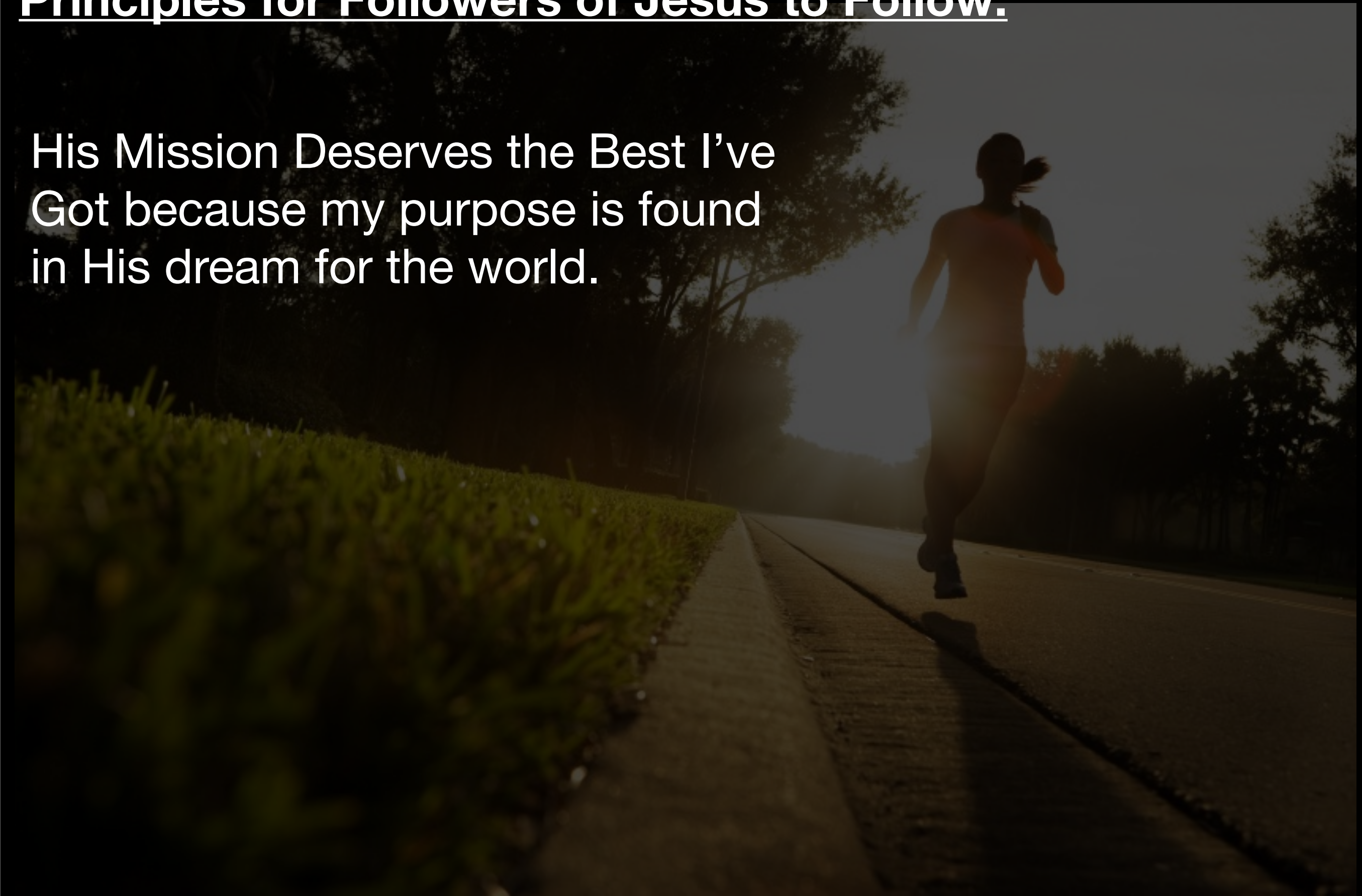
Principles for Followers of Jesus to Follow:

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.



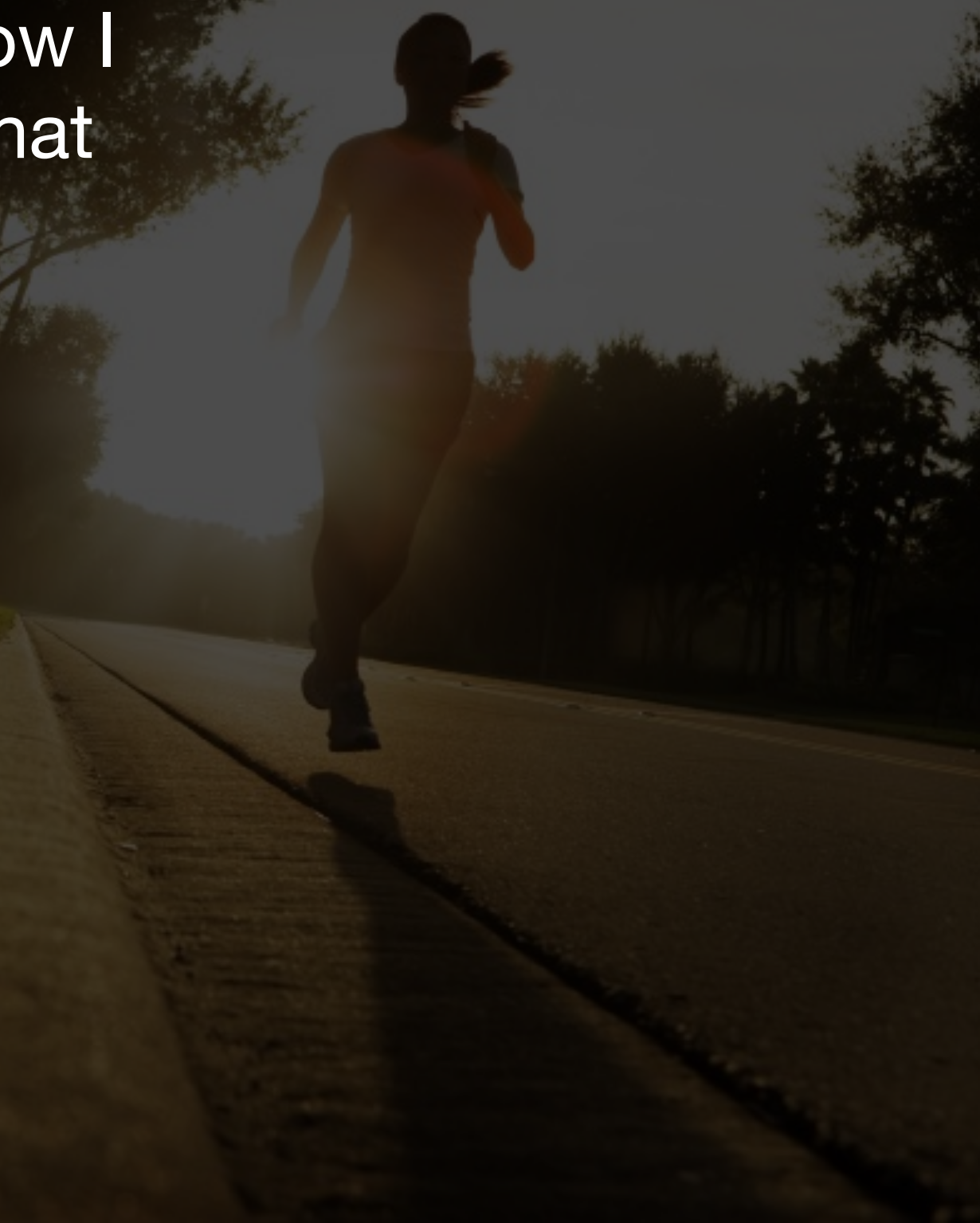
Principles for Followers of Jesus to Follow:

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



Principles for Followers of Jesus to Follow:

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.

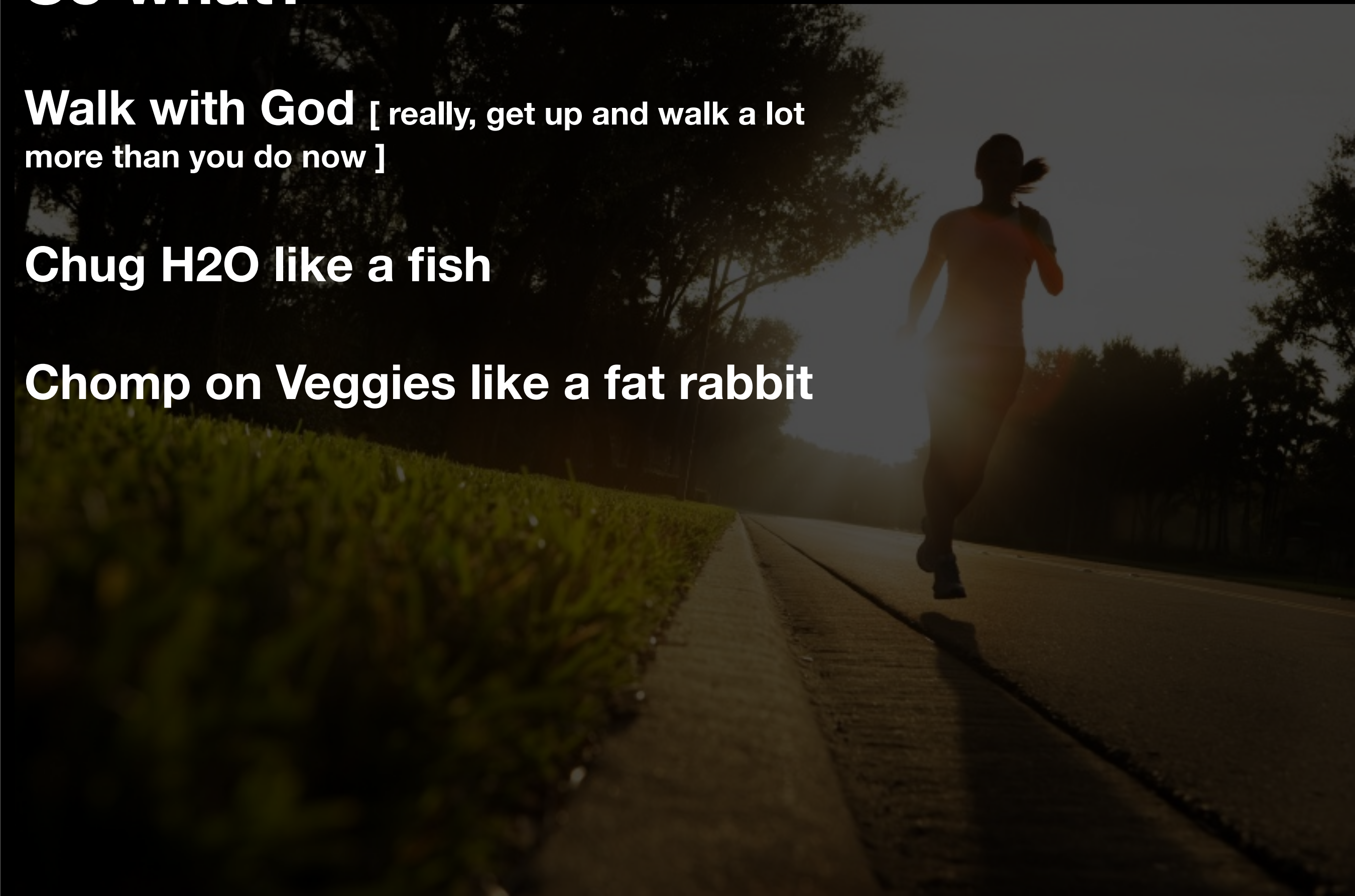


So what?

Walk with God [really, get up and walk a lot more than you do now]

Chug H2O like a fish

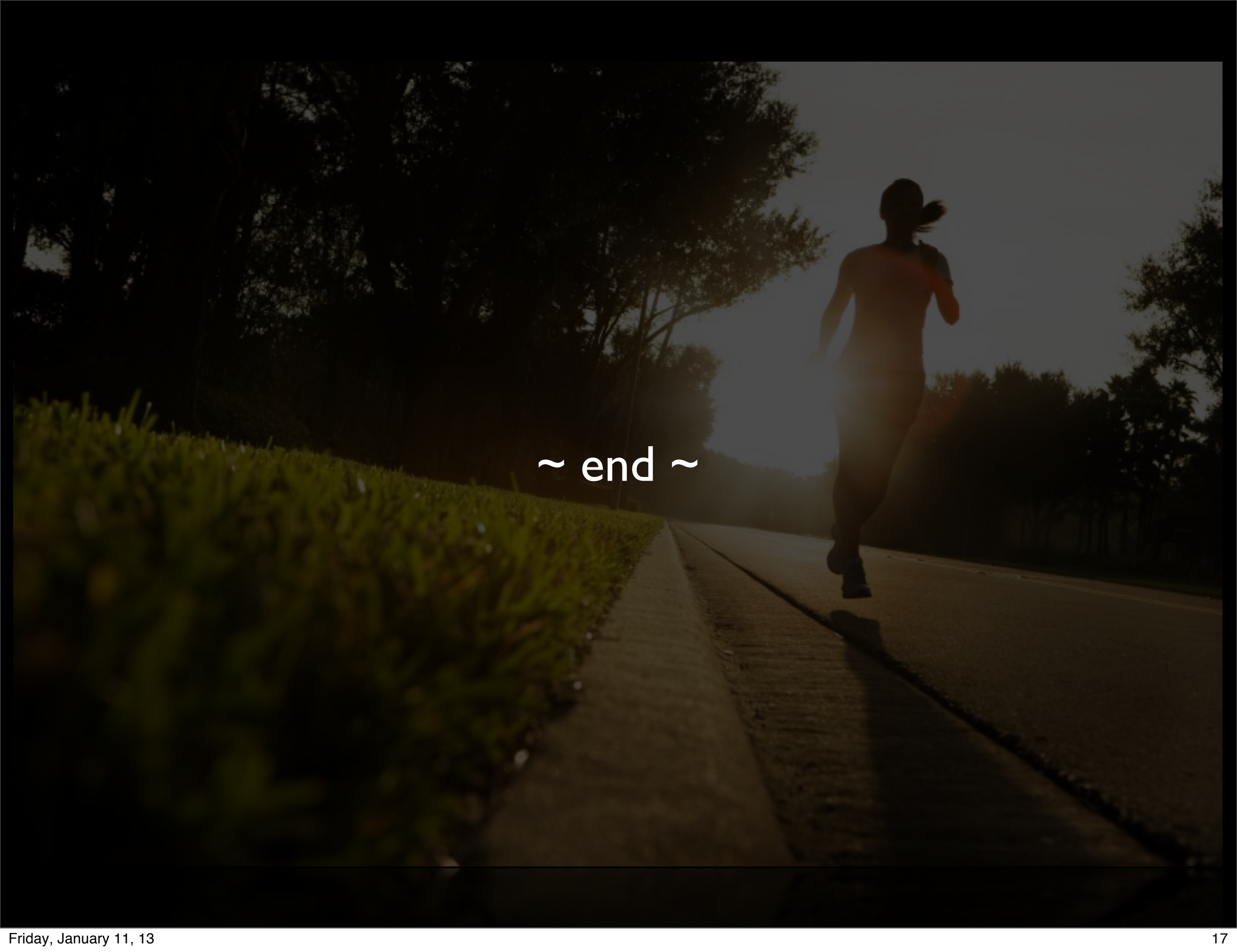
Chomp on Veggies like a fat rabbit



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 can haul.

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

A person is running on a paved path that curves through a wooded area. The path is bordered by a grassy field on the left. The scene is captured in a low-angle shot, emphasizing the runner's movement. The text '~ end ~' is overlaid in the center of the image.

~ end ~