

# 1: *New Year, New You* ▷ *intro*

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New year resolutions don't often bring new you results. This new series will help us discover & address 4 key areas that can transform our lives. It's time to get fit: physically, spiritually, financially, & relationally.

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Today is an introduction to the following 4 week series **New Year, New You?**

## Physically Fit

**1 Corinthians 6:20** (NET)

For you were bought at a price. Therefore **glorify God with your body.**

While context of this passage is about sexual purity, the overarching principle is seen here. God bought YOU at a high price - the death of Jesus. Now, use your body to **glorify God.**

- Are you a good example of glorifying God with your body?
- Your body is your primary tool for ministry, to use not abuse.

## Spiritually Fit

While some people take care of their bodies, well groomed, muscle toned, and committed to eating well; yet shriveling up on the inside...spiritually anorexic. While being physically fit is important, life is more than taking care of your BODY. You must feed and exercise your SOUL as well.

**Context:** Jesus had not eaten in 40 days. He was hungry & exhausted. Satan came and baited Jesus: "*If you are the Son of God, command these stones to become bread.*" (v.3) Jesus responded:

**Matthew 4:4** (NET)

"It is written, '*Man does not live by bread alone, but by every word that comes from the mouth of God.*'"

Life lesson from Jesus: It is more important to feed our souls than feed our stomachs; better to deny your body than disobey your God.

How many of us go day after day without feeding our stomachs? How many of us go day after day without feeding from God's words? How are you doing there? Are you spiritually anorexic?

## Financially Fit

This is the area that many of us spend very little time or way too much time thinking about. Jesus talked a lot about our worldly wealth. In fact, 16 of the 38 parables Jesus told talk about how to handle money and possessions.<sup>1</sup> Why IS that? It's because your money shares something about your heart - whether it's a TOOL or the GOAL.

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<sup>1</sup> Howard L. Dayton, Jr., Leadership, Vol. 2, no. 2.

## Treasures - Tool or Goal?

**Matthew 6:19–24** (NET)

<sup>19</sup> “Do not accumulate for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal. <sup>20</sup> But accumulate for yourselves treasures in heaven, where moth and rust do not destroy, and thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also. . .

<sup>24</sup> “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. **You cannot serve God and money.**

Is treasure your TOOL or your GOAL? Do you LOVE GOD with your stuff?

## Relationally Fit

This is one of the areas that most people don't admit there's a problem...unless they point to someone else. If you have relational problems...is it POSSIBLE...that YOU are part of the problem?

**Mark 9:33–35** (NET)

<sup>33</sup> Then they came to Capernaum. After Jesus was inside the house he asked them, “What were you discussing on the way?” <sup>34</sup> But they were silent, for on the way they had argued with one another about who was the greatest. <sup>35</sup> After he sat down, he called the twelve and said to them, “If anyone wants to be first, he must be **last of all** and **servant of all.**”

Could it be that instead of cracking the whip it is time to start washing feet?

Instead of bossing others around, you start SERVING them?

## BIG TRUTH BEING FIT HONORS GOD & BLESSES PEOPLE.

- **Physically Fit:** better able to meet physical needs of others - more endurance, less excuses.
- **Spiritually Fit:** know & do God's will; able to offer wise counsel & lead our families well.
- **Financially Fit:** take care of our family and meet practical needs that others have. Giving to the Kingdom work of your church, meeting the needs of a Compassion Child, & sending missionaries becomes DO-ABLE.
- **Relationally Fit:** If everyone acted like you, how Relationally FIT would our world be? If everybody served they way you do, what difference would that make? Do you have any room for improvement?

It's a New Year. Have you taken the FIRST STEP to a NEW YOU?

**2 Corinthians 5:17–21** (NET)

<sup>17</sup> So then, if anyone is in Christ, he is a **new creation; what is old has passed away**—look, what is new has come!<sup>18</sup> And all these things are from God who reconciled us to himself through Christ, and who has given us the ministry of reconciliation. <sup>19</sup> In other words, in Christ God was reconciling the world to himself, not counting people's trespasses against them, and he has given us the message of reconciliation. <sup>20</sup> Therefore we are ambassadors for Christ, as though God were making His plea through us. We plead with you on Christ's behalf, “**Be reconciled to God!**” <sup>21</sup> God made the one who did not know sin to be sin for us, so that in him we would become the righteousness of God.