

# MOVING FORWARD WITH OUR FITNESS

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## INTRO:

1. The **perception** of fitness
2. The **pandemic** and fitness

## A. THE PRINCIPLE OF OUR BODIES

We are:

**Wonderfully** made (Psalm 139:13-14)  
**Individually** made (Psalm 139:15-16; Isaiah 84:8)  
**Purposely** made (1 Corinthians 6:19-20)  
**Typically** made (Genesis 1:27; 1 Corinthians 6:13)

## B. THE PROBLEM WITH OUR BODIES

Due to the fall:

Creation is subjected to **corruption** (Romans 8:20, 22)  
Our bodies are **crushed** (2 Corinthians 4:7-11, 16).  
Culture adds to its worsening **condition** (Romans 12:1-2)

## C. THE PRACTICE OF TAKING CARE OF OUR BODIES

We need to:

**Steward** our bodies (Ephesians 5:28-30)  
**Nourish** our bodies (1 Corinthians 5:11; 6:12)  
**Cherish** our bodies (1 Timothy 4:8; 3 John 1:2)  
**Train** our bodies (1 Corinthians 9:24-27)  
**Offer** our bodies (Romans 12:1-2)

## CONCLUSION:

## LIFE GROUP DISCUSSION GUIDE

### A. WELCOME

Part of the course we take as students is Physical Education. What was one accomplishment you were proud of that you were able to achieve?

### B. WORD

1. Read Psalm 139:13-16. Describe the way how God has formed, created and designed our bodies.
2. Read 1 Corinthians 6:19-20. The Apostle Paul describes our bodies as the 'temple of the Holy Spirit? What is the implication of this description in the way we take care of our bodies?
3. Read 1 Corinthians 6:13 and Genesis 1:27. How do these passages reflect the Creator and His creation?
4. Having established the principle of the importance of our bodies to glorify God and reflect His attributes, read the following passages and assess how you have responded in your responsibility to take care of your body.

**Stewarding** our bodies (Ephesians 5:25-30)

**Nourishing** our bodies (1 Corinthians 5:11; 6:12)

**Cherishing** our bodies (1 Timothy 4:8; 3 John 1:2)

**Training** our bodies (1 Corinthians 9:12; 24-27)

**Offering** our bodies (Romans 12:1-2)

### C. WORSHIP

Sickness, infirmities and pain remind us that although God created us in His image, we live in a broken world (2 Corinthians 4:7-12, 16-18). Share any prayer requests that involve the area of your health.

### D. WITNESS

What tangible steps are you willing to achieve a healthier lifestyle this year?