

Fitness Resort

Pt. 2 - Physical Fitness

- Fitness should never be a last resort.

3 *John 2*, Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Isaiah 53:5, But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

5 Health Decisions to Achieve Fitness

1. Eat right.

Genesis 1:29, And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.

1 *Corinthians 6:19*, Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?

2. Exercise

1 *Timothy 4:8*, For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Proverbs 31:17, (The noble woman) ...dresses herself with strength and makes her arms strong.

Joshua 14:10-12, Today I am eighty-five years old. 11 I am as strong now as I was when Moses sent me on that journey, and I can still travel and fight as well as I could then. 12 So give me this mountain...

3. Stop unhealthy practices.

2 Corinthians 7:1, Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit.

4. Rest

Exodus 34:21, "Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest."

Mark 6:31, Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

5. A primary physician and annual checkups.

Mark 2:17, ...the sick need a physician...

- **God desires that we keep our body and HIS body fit.**

1 Corinthians 12:12, The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ.

Mark 3:25, If a house is divided against itself, that house cannot stand.