

SERMON OUTLINE

SERMON TITLE: Family Fitness

SERMON REFERENCE: 1 Corinthians 6:19-20

LWF SERMON NUMBER: #2129

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1) INTRODUCTION

- a) Something that is far more valuable than any prized material possession and something that God wants us to have is health and fitness.
- b) 1 Corinthians 6:19-20
 - i) God has paid a great price for us, and we are not our own.
 - ii) God has commanded us to glorify Him in our body as well as our spirit.
- c) Psalm 139:14
 - i) Our bodies are carefully crafted, finely tuned machines, and the maintenance manual is the Word of God.
- d) We are God's purchased possession, and we are the temple of God.
 - i) Your body does not belong to you; therefore, you are to be dedicated to God.
- e) Romans 12:1-2
 - i) Is your body presented to God?
- f) God is interested in the total person.
 - i) He is interested in your spirit, soul and body.
 - ii) 1 Thessalonians 5:23
 - iii) With your spirit, you have spiritual life and know the world above you.
 - iv) With your soul, you have psychological life and know the world around you.
 - v) With your body, you have physical life and know the world beneath you.
 - (1) When your spirit is right, you are holy.
 - (2) When your soul is right, you are happy.
 - (3) When your body is right, you are healthy.
 - (a) A perfectly tuned person would be holy, happy and healthy.
- g) 1 Thessalonians 5:23
 - i) God wants us to be blameless.
 - ii) We ought not to do anything to our body, spirit or soul that is blame worthy.
 - (1) This doesn't mean that we will be in perfect health.
 - (a) We won't have perfect health until we get to Heaven.
- h) There are many reasons why we have physical ailments:
 - i) There is a curse upon all creation.
 - (1) Romans 5:12
 - (2) We live in a world that has the curse of sin upon it because of Adam's sin.
 - (3) There is no such thing as a natural death; all death is unnatural.
 - (a) It is a result of sin.
 - ii) We have violated God's moral law.
 - (1) Many people die just because of the sin in their lives.
 - (2) 1 Corinthians 11:30-31
 - (a) The word "sleep" here means "dead."
 - (3) Sometimes sickness is the judgment of Almighty God.
 - (4) Sometimes people are sick because they are afflicted by Satan.

- (a) Job was sick because of this.
 - (i) Job 2:6
 - (b) The Apostle Paul spoke of a thorn in the flesh that was a messenger of Satan.
 - (i) 2 Corinthians 12:7
 - iii) The discipline of God
 - (1) Psalm 119:71
 - (2) Sometimes we have to be flat on our backs before we can look up and see more clearly.
 - iv) A violation of God's natural laws
 - (1) Psalm 119:71
 - (2) We sometimes flaunt natural laws and expect to be well.
 - (a) Many people poison their bodies with nicotine.
 - (b) Many don't get enough physical rest.
 - (c) Many people overeat.
 - (3) We want God to give us a pass to go ahead and violate His natural law, and then we think we are going to be well and ask God to heal us while we continue to do the things that will make us sick.
 - (4) If we continue to willingly violate the natural laws that God has laid down in His Bible, then we may become a burden to ourselves and to our families.
 - i) The Bible teaches that our mind and soul are to rule our body, just as our spirit rules our soul.
 - i) Our body is really a servant.
 - ii) But if we abuse that servant, our body may rise up and smite us for it.
 - j) Most people value money more than they value health.
 - i) Money is the most envied, but it is the least enjoyed.
 - ii) Health is the least envied, but it is the most enjoyed.
 - k) Matthew 9:12
 - i) Many times, we're trying to break God's natural laws and then go to the doctor for him to undo what we have done.
 - l) Today's message will give four principles for family fitness.
- 2) FAMILY FITNESS IS A MATTER OF DISCIPLINE
- a) The words "disciple" and "discipline" are linked together.
 - i) We cannot call ourselves a disciple if we are not disciplined.
 - ii) Someone once said that passion is the degree of what one is willing to endure to achieve God's purpose for his life.
 - (1) Many are living lives without passion because they do not want to be disciplined.
 - (2) We don't want to endure certain things.
 - b) We need to be disciplined in matters of diet and what we eat.
 - i) Many of us are breaking God's laws concerning what we eat.
 - ii) 1 Corinthians 10:31

- iii) The Bible mentions healthy foods, such as whole grains, herbs, fish, fowl, and clean animals.
- iv) The Bible also mentions no eating of fat or blood.
 - (1) Blood in the Bible is a symbol of life, and God prohibited His people from ingesting blood.
 - (a) Blood carries infections and toxins that circulate in an animal's body.
 - (2) The Bible warns very clearly about the consumption of fat.
- v) The Bible makes a distinction between clean and unclean animals.
 - (1) Genesis 7:2
 - (a) Not every animal went on the ark two by two; the clean animals went on the ark by sevens.
 - (i) They were there for food.
 - (b) This was before the Mosaic Law.
 - (2) God puts all animals into two categories:
 - (a) Those that are scavengers.
 - (b) Those that are not scavengers.
 - (3) God warned against eating scavengers, which eat the dead and decaying flesh of other animals.
- vi) The Bible warns against junk food.
 - (1) Proverbs 23:1-3
 - (a) The Bible calls these deceitful dainties.
 - (2) Sometimes our churches are guilty of encouraging gluttony.
 - (a) Proverbs 23:2
- vii) We need to find the foods that God created for us to eat and avoid the others.
 - (1) We should also eat foods the way that God created them as much as possible.
- viii) We should also eat foods in the right proportion.
- c) We need to be disciplined in our exercise.
 - i) 1 Timothy 4:8
 - (1) This verse should not be used as an excuse to not exercise.
 - (2) He is saying that there is profit in exercise but that godliness is more profitable.
 - ii) God wants us to exercise our bodies.
 - (1) Moderate, intensive exercise at least three times a week has been shown to increase our life span.
 - (2) Walking is a good exercise.
- d) We need to be disciplined in the matter of rest.
 - i) Psalm 127:2
 - (1) This verse literally says, "He is giving to you while you sleep."
- e) The "ABC's" of fitness are diet, exercise and rest.

3) FAMILY FITNESS IS A MATTER OF DISPOSITION (PROVERBS 15:17)

- a) Hardening of the attitudes is just as bad as hardening of the arteries.
 - b) Proverbs 15:17
 - i) A vegetable plate with love is better than filet mignon and hatefulness.
 - c) 1 Thessalonians 5:23
 - d) The Greek word for “soul” is “psyche.”
 - i) This is the word from which we get psychology and psychiatric.
 - ii) The soul is our psyche.
 - (1) It is the seed of our emotions.
 - e) There are two kinds of emotions:
 - i) Positive (healthy)
 - ii) Negative (unhealthy)
 - f) We can choose our emotions.
 - i) Philippians 4:7-8
 - (1) We can choose our thoughts like we choose our friends.
 - (a) Why let the devil mess with your mind?
 - ii) We can reject bad thoughts and choose our attitudes.
 - iii) To rejoice is a choice.
 - g) If our disposition gets upset, we can experience an upset stomach, headaches, family arguments, and a dull memory.
 - i) We will cripple our thinking, weaken our body and reduce our efficiency.
 - ii) This is caused by negative stress.
 - iii) Stress can do great damage to the temple.
 - (1) The mind is the center of stress.
 - (2) All stress is self-imposed.
 - (a) We have to agree with it in order to have it.
 - (3) Doctors speak of a psychosomatic illness.
 - (a) “Psycho” speaks of the mind; “soma” speaks of the body.
 - (b) This is the mind making the body sick.
 - (4) Surveys have shown that many patients who go to a physician have symptoms that are caused or aggravated by mental stress.
 - iv) Stress is that gap between our strength and the demands that are put upon us.
 - v) Isaiah 40:28-31
 - (1) The word “renew” literally means that they shall exchange their weakness for His strength.
 - (2) Families need to sit down together and find out what things are stressing them, repent of those things that they are doing wrong, turn their lives over to the Lord, and wait upon the Lord.
- 4) FAMILY FITNESS IS A MATTER OF DEVOTION
- a) When we love God and serve God, then we will be healthier.
 - i) Proverbs 10:27
 - b) Scientific research has shown that church goers tend to live longer, stay married and feel happier than those who say that they don’t believe in God.

- i) Faith is good for our health.
- ii) One study showed that the more a person goes to church, the better his or her health.
- c) Faith is good for family fitness.
- d) God wants our families fit.
 - i) Our body is the temple of the Holy Spirit.
 - ii) Psalm 139:14
 - iii) There are some reasons why we may be sick that are beyond our control, but there are other things that we can control and should control.

5) FAMILY FITNESS IS A MATTER OF DECISION

- a) It matters not that we understand the facts of family fitness if we don't make a decision for family fitness.
- b) Joshua 24:15
 - i) It is a matter of decision.
 - (1) How do you serve the Lord?
 - ii) 1 Thessalonians 5:23
 - (1) It deals with the body in discipline, the soul in disposition, the spirit in devotion, but we have to make a choice.
 - (a) We must decide that for me and my house, we will serve the Lord.
 - iii) There were other gods calling upon the Israelites.
 - (1) There were the gods they knew back in Egypt.
 - (2) There were the gods of the Amorites, in whose land they dwelt.
 - (3) Joshua was telling the people to look at the gods and philosophies around them, and then look at Jehovah God.
 - (a) The Lord God is greater than all these other gods and philosophies.
- c) We must choose whom we are going to serve.
 - i) We are free to choose, we're not free not to choose, and we're not free to choose the consequences of our choice.
 - ii) Not to choose is a choice.
 - iii) Once we make a choice, then our choice chooses for us.
- d) We need to get together with our families and examine what we are eating, what we are doing, and what we are thinking.
 - i) Will we continue to live this way?
 - ii) Will we make a decision about family fitness so that we might be a testimony to our neighbors and those around us?
- e) Our families ought to stand out in matters of faith, fun, finance and in matters of fitness.

6) CONCLUSION

- a) The message today is not just about physical health.
 - i) What difference would it make to live a healthy life, live to a serene old age, and then die and rise in the judgment to meet a God whom you do not know with your sins unconfessed and unforgiven?

- ii) 1 Thessalonians 5:23
- b) God wants you saved so much that He sent His beloved Son to pay for your sins with His blood on the cross.
- c) If you will trust Jesus Christ as your personal Lord and Savior, He will forgive your sins and save you today.
 - i) Will you trust Him?
- d) Pray to Him now, and ask Him to come into your life.
- e) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
 - i) Romans 3:23
 - ii) Romans 10:9-10
 - iii) Romans 10:13
 - iv) Acts 16:31
 - v) John 3:16