



Fitness: Strengthening Your Body (Physical) Discover Movement You Enjoy

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What physical abilities do you want for yourself in 20-30 years?

3 John 1:2 Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. (NIV)

1 Corinthians 6:19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies (NIV)

Daniel 1:19 The king talked with them, and no one impressed him as much as Daniel (NLT)

Mobility Function

"We don't train for today, we train for the 60 plus year old version of you."

1 of 3 things we do regarding our bodies:

- 1. Ignore it**
- 2. Idolize It**
- 3. Image God Through It**

Psalm 139:14 "I thank you, High God --- you're breathtaking! Body and soul, I am marvelously made! I worship in adoration --- what a creation." (MSG)

Genesis 1:26 "Let us make mankind in our image, in our likeness..." (NIV)

Genesis 1:27 "So God created mankind in his own image, in the image of God he created them; male and female he created them." (NIV)

Genesis 2:7 "Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being." (NIV)

Making Fitness Doable

1. Discover Movements You Enjoy

1 Corinthians 9:7 "I keep my body under control and make it my slave, so I won't lose out after telling the good news to others" (CEV)

The number 1 exercise with the most benefits is the one you do!

Practical Application to Make Fitness Doable

P.L.A.Y

"We do not quit playing because we grow old: we grow old because we quit playing." – Oliver Wendell Holmes

▪ Personal Purpose (Move with Purpose)

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." (NIV)

▪ Long-Haul Mindset

"Exercise is by far the most potent longevity 'drug'. No other intervention does nearly as much to prolong our lifespan."

▪ Action.

Philippians 3:12 "Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (NIV)

▪ YELL

Yell – Sharing your goals = Accountability

Yell – Celebrate Daily Wins

Yell – FUN

Become a better steward of your body. Steward your body for others.

Based on the book, *The Daniel Plan: 40 Days to a Healthier Life.*