

300 Series: Fitness 1

Slide Notations

Offensively, we know that...

If a man can't see, he can't fight. If a man can't breathe, he can't fight. If a man can't stand, he can't fight.

Defensively true, too... We can't fight if we can't... see, breathe, stand! Applies spiritually and physically!

The 300 Principle! There has always been small groups of people rising from the masses, specially inspired and trained, who have kept the legend of heroes alive by going up against superior numbers to win impossible victories!"

The 300 Issue! *Faalty*, which is loyal, lifetime, allegiance, is the obligation of duty I willingly offer to God, my Savior, opening the way for me to do great exploits of faith to keep the legends of heroes alive!

The 300 Promises! Thru God I will chase the enemy and they will fall before me... 5 of us will chase 100... 100 of us, 10,000 and they will fall before our swords! I will be fearless day and night! Thru God I will run thru a troop and leap over a wall! One thing is certain about the lives of the 300... They are physical!

Let's listen to the "body language" of the 300

1 Timothy 4.6-8 You've been raised on words of faith and have followed sound teaching. Now pass this on as a good servant of Jesus. Steer clear of silly stories that get dressed up as religion. Exercise yourself in God! *Workouts in the gym are temporarily useful*, but a disciplined life in God makes you fit both today and forever.

"You can lose the gain of a six month workout in 60 days..." But a healthy lifestyle, including a workout routine, can keep you fit for life! God is deeply interested in your lifetime physical fitness! Whatever interests God should interest me...

Interesting... When God created our bodies, He called them *very* good, and gave them to us! No one more body conscious/Him! Nothing more central to kingdom/ salvation than having one...

"How did we get to the 'too vain to talk about' stage?"

Interesting... Church is not the main forum for "body language..." Too "fleshly-sense-uous" for spiritual forum... *It's a good test of my spirituality to harness my mind while talking about the proper use, care, upkeep, feeding, and function of my body!*

Interesting... Ignorance of God's take can cause us so much trouble... Inflicting pain, discomfort, stress... All for not pulling His truth together regarding our bodies!

I don't want to be wasting a lot of time, energy, and money because I wouldn't listen to God!

Caveat 1... Not a rally to buff, ripped and cut bodies! Health is not defined by big guns, girls, stony abs and slabs! Health is defined by a body: Under control of man/Useful to God/Not needing intensive repair.

Caveat 2... Not a diet/cookbook sale! But something is responsible for the rampant diabetes, epidemic obesity, debilitators: cancers, Lupus, Alzheimer's, hypertension, and heart disease!

But T/F: What, how much, when we eat probably has a lot to do with our health?

Eat Right!

Less: Am/Avg: 4k calories per day. Only need 1500-2200

Balanced: 40/30/30

American diet: 30% daily intake comes from empty calories

More often: 4 small meals/2 snacks (metab burn/prot-amino)

Better: yes to fruit/veggies/ moderate meat intake...

No junk/processed/fried/high nitrate/nitrites/dyed

But America's Daily Top 5 choices? Survey said:

Soda, Pastry, Burgers, Pizza, Chips

Convenience and cravings dictate our choices and we are the losers!

Proverbs 23.1,2 "If you have lost sight of the issues of life and are now mastered by your appetites it's time for drastic measures to take control!"

Exodus 16.4 "I will provide food for you from My resources. I want you to gather it daily at a certain rate. By this gathering process I will prove you to see if you will follow My ways or not!" **Provision @ measured rate + trust = faithfulness**

Drink Right!

Off: aspartame, sugary, high calorie/caff, carbonated drinks

Reduce: tea, coffee, energy drinks

On: water!

60% of body weight is water! Delivery system for nutrients! Core of flushing and cooling system!

Exercise Smart! The 4 major energy burners in America? Driving, TV, Working, sleeping. WOW! Not working! Minimum sense: 20-30 minutes aerobic exercise per day/4x week. Maximizers: 20-30 min aerobic at target heart rate. Alternating anaerobic: upper/lower body/4x week

Rest well! The right amount of sleep! (daily) One in seven! (weekly) Regularly planned periods of rest, play and relaxation! (quarterly or annually) Times of mental refreshing! (reg) Breaks for your spirit! (daily)

Caveat 3...

Not a grab for longer life! Our goal is not to live longer, but stronger! Not to live forever, but unhindered! "A time to be born/another to die..." We don't want to be late, or early!

Why Care?

Because God made our bodies! Man squeezed from the earth! **G2** Woman crafted from bone! **G2** "Fearfully and wonderfully made..." **BY GOD! Ps 139** "Glory of the celestial and glory of the terrestrial..." **1Co 15.40**

Because Jesus lived in one! "Word became flesh and dwelt among us..." **Jo 1.14** "Fullness of time God sent forth His son born of a woman! **Gal 4.4** "Jesus... made of the seed of David according to the flesh." **Ro 1.3**

Because Holy Spirit lives in one! "Don't you know that your body is the temple of the Holy Spirit and that you were purchased with a price?" **1Cor 6.19,20**

Because our bodies are vehicles of our service! "No, I discipline my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. **1Cor 9.26**

Because our bodies are an offering for worship! "Present your bodies as a living sacrifice, holy, acceptable, unto God which is your spiritual worship." **Romans 12.1**

Because body fitness is one-half of the gospel! "He bore our grief and carried our sorrows...but He was wounded for our transgressions, he was bruised for our iniquities, the chastisement of our peace was on Him and with His stripes we are healed!" **Isaiah 53.4,5**

Reasons to Care?

For yourself?

"I want to feel/look good!" "I don't want to grow old!" (NO!)

For your family/friends?

"I want to be around for them!" "I don't want to be a burden!" (NO!)

For Fealty! *And when we do it for that reason we will be around awhile, not be a burden to our family and friends and we will look and feel better!*