

# TRANSFORMED

*How God Changes Us*



## PHYSICAL EDUCATION

Alex Dennis January 24, 2016 9:30 & 10:50 a.m.

### 1 Corinthians 6:19-20

*<sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, <sup>20</sup> for you were bought with a price. So glorify God in your body.*

God \_\_\_\_\_ about \_\_\_\_\_.

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 1:2*

*Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.*

Proverbs 3:7-8

### 5 Biblical Signs of Healthy People

#### 1. How is your \_\_\_\_\_?

*At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. Daniel 1:15*

*You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body.*

1 Corinthians 6:13

#### 2. How are your \_\_\_\_\_?

*Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness. Luke 11:34*

*<sup>21</sup> Do not let them out of your sight, keep them within your heart; <sup>22</sup> for they are life to those who find them and health to one's whole body. <sup>23</sup> Above all else, guard your heart, for everything you do flows from it. Proverbs 4:21-23*

#### 3. How is your \_\_\_\_\_?

##### Rest

*In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2*

##### Exercise

*<sup>7</sup> I have fought the good fight, I have finished the race, I have kept the faith. <sup>8</sup> Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing. 2 Timothy 4:7-8*

There will be \_\_\_\_\_.

#### 4. How is your \_\_\_\_\_?

*<sup>9</sup> Two are better than one, because they have a good return for their labor: <sup>10</sup> If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.*

Ecclesiastes 4:9-10

*<sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. Hebrews 10:25*

#### 5. How is your \_\_\_\_\_?

##### Next Steps for January 24:

- Memorize 1 Corinthians 6:19-20.
- Form a plan to eat healthier.
- Form a plan to work out.
- Start an accountability relationship.
- Attend a Transformed group this week.