

*28 Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of His understanding.*

*29 He gives power to the weak and strength to the powerless.*

*30 Even youths will become weak and tired, and young men will fall in exhaustion. 31 But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

Isaiah 40:28-31

### 3. Family Fitness is a Matter of \_\_\_\_\_! Spirit

*19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you.*

1 Corinthians 6:19

### 4. Family Fitness is a Matter of \_\_\_\_\_!

*15 But if you refuse to serve the LORD, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, **we will serve the LORD.***

Joshua 24:15

#### Answers:

Ignore, Neglect, Discipline, Disposition,  
Devotion, Decision

### June Announcements

**Mon., 3<sup>rd</sup>** Student Ministry Spirit Night at Sonny's BBQ All Day Monday

**Wed., 5<sup>th</sup>** A Time to Pray 6:30 pm —7:00 pm in the Faith room  
Ladies Bible Study "He Speaks To Me" at 6:30 pm  
Wednesday Night Bible Study at 7:00 pm in the Faith room  
Youth Late Night at 6:30 pm—9:00 pm in the Fellowship Hall  
Kids Ministry at 6:30 pm upstairs in the children's area



DELTONA LAKES BAPTIST CHURCH  
*— A place to belong —*

## FAMILY FITNESS



1 Corinthians 6

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contact our office at 386-789-2400

# FAMILY FITNESS

Family Foundations Part 4 I Corinthians 6

**We are fearfully and wonderfully made! Psalm 139:14**

*<sup>19</sup>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? **You do not belong to yourself**, <sup>20</sup>for God bought you with a high price. **So you must honor God with your body.** I Corinthians 6:19-20*

This is an area that most of us Christians \_\_\_\_\_ & \_\_\_\_\_!

*<sup>1</sup>And so, dear brothers and sisters, I plead with you to **give your bodies to God** because of all He has done for you.*

Romans 12:1

*<sup>23</sup>Now may the God of peace make you holy in every way, and may your whole spirit and soul **and body** be kept blameless...*

I Thessalonians 5:23

## Reasons for Physical Ailments

1. There is a Curse upon the Whole World Romans 5:12
2. We have Violated God's Moral Law I Cor. 11:29-31
3. We Can be Attacked by Satan Job 2:6, 2 Cor. 12:7
4. We are Disciplined by God Psalm 119:71
5. We Have Violated God's Natural Laws Psalm 119:71

**Wealth is the most envied and least enjoyed**

**Health is the least envied and most enjoyed**

## 4 Simple Principles of Family

### 1. Family Fitness is a Matter of \_\_\_\_\_! **Body**

Disciple = Discipline = Passion

what we are willing to endure to do God's Will

#### ➤ **Be Disciplined in What We Eat**

*<sup>31</sup>So whatever you eat or drink...do it all for the glory of God.*

I Corinthians 10:31

*While dining with a ruler, pay attention to what is put before you. If you are a big eater, put a knife to your throat; don't desire all the delicacies,....*

Proverbs 23:1-3

What about the Old Testament rules for eating?

#### ➤ **Be Disciplined in our Exercise**

*<sup>8</sup>"Physical training is good....*

I Timothy 4:8

➤ **Be Disciplined in our Rest** *It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones.*

Psalm 127:2

### 2. Family Fitness is a Matter of \_\_\_\_\_! **Soul**

*A bowl of vegetables with someone you love is better than steak with someone you hate.*

Proverbs 15:17

**You can choose your thoughts and emotions!**

*Don't worry about anything; instead, pray about everything.*

*Tell God what you need, and thank Him for all He has done.*

*<sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.<sup>8</sup>And now, dear brothers and sisters, one final thing. **Fix your thoughts** on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

Philippians 4:6-8