



a balanced life in our **FITNESS**

"Jesus grew in wisdom and stature, and in favor with God and men."

Interview with Jenise Brawner, (Elite Fitness)

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Psalms 139:14 (NIV)

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."

1 Corinthians 9:16 (NIV)

- Your body is a _____ .
- Your body is a _____ .
- Your body is _____ .

THREE AREAS FOR BETTER PHYSICAL HEALTH

#1 YOUR _____ !

"So whether you eat or drink or whatever you do, do it all for the glory of God." 1 Corinthians 10:31

There are over 700 direct references to eating and drinking in the Bible.

"Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit,"
Ephesians 5:18 (NLT)

4 Reasons why I don't drink alcohol:

- The _____ reason (1 Cor. 8:13)
- The _____ reason (1 Thess. 5:22)
- The _____ reason (Eph. 5:18)
- The _____ reason (1 Cor.10:23,24)

Action step: _____

#2 YOUR _____ !

"My back is filled with searing pain; there is no health in my body." Psalms 38:7 (NIV)

"... while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." 1 Timothy 4:8 (ESV)

Action step: _____

#3 YOUR _____ !

"You have six days in which to do your work but the seventh day is a day of rest dedicated to Me."

Exodus 20:9-10 NIV

God has three main purposes for a day of rest:

- To _____ your _____ .
- To _____ your _____ .
- To _____ your _____ .

"...for he grants sleep to those he loves."

Psalms 127:2 NIV

Action step: _____

"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 2 (NIV)

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