

+++++Faith to Fitness;≅PH%&
Building the Foundation for Developing an Active Image

Are you honouring God with your body? Would God be pleased with your stewardship of his holy temple? In Romans 12:1 Paul urges us in view of Gods mercy to offer our bodies as living sacrifices; as a spiritual act of worship to God. But how do we move from an unhealthy, sedentary lifestyle to one that God would approve of?

The following scripture contains the necessary ingredients to help you build the foundations for developing an Active Image.

“If any man will come after me, let him deny himself, and take up his cross daily, and follow me” (Luke 9:23).

“If Any Man Will Come after me”

- a. It is important to seek the right information before beginning any type of fitness routine but where do you put you faith and trust. It should not be in the scale, or in the magic weight loss potion. Ask God to order your steps and lead you in the right direction.
- b. It is a definite choice that you must make. You must fully believe ..”as for me and my house, we will serve the Lord” (Josh. 24:15). Choose health over sickness and dis-ease. Choose to serve God by honouring your body.
- c. We must be firm in our decision . No half-steppin’, no turning back, no 1 time deals- fitness fads will come and go but Christ’s motivation is forever. He is the best personal trainer you could ever have! Look at all of the areas that might cause you to stop what you’ve started and work on eliminating them.

“Let Him Deny Himself”

- a. We live in a world of self-indulgence. We must chose to not follow the worlds example of always satisfying our fleshly desires; our every craving; our constant “ I don’t feel like it attitudes” and learn to practice self- control
- b. What do you need to deny yourself in order to start getting active. Working 12 hours a day, 1 hour of sleep, television. Whatever it may be, use Jesus’ life as an example
- c. James 1:12 says “blessed is the man that endureth temptation” Start today to chose 1 thing that you are prepared to give up that is hindering you fitness efforts.

“And whatever you do in work or deed, do it all in the name of the Lord Jesus, giving thanks to the Father through Him (Col3:17)

Active Image, 2001

“And Take Up His Cross Daily”

- a. A healthy lifestyle is a daily commitment. It is our human nature to start off hot and then fizzle out but God nature calls for patient endurance. “The race is not give to the swift or the strong, but to the one who endure to the end” (Ecc. 9:11)
- b. We should be consistent in our devotion to God- daily prayer and bible study
- c. Do something for your body everyday- whether it’s a 20 minute walk or strength training exercises.

“And Follow Me”

- a. The decision to follow Christ will require strength and courage to stand when you often will not feel like it. We must develop a ‘never-give-up attitude’, relying on help from Christ. “Be strong in the Lord and in the power of His might, having put on the whole armor of God” (Eph 6:10)
- b. Consider making the Lord your personal fitness trainer. He will direct your fitness path if you follow him.

Pray this Prayer: Lord you have entrusted me with this body, it is your temple. Lord you have designed it so perfectly, so intricately, so powerfully and it is my desire to honour it, care for it, nurture it and preserve it as best as I can. Lord, help me get the daily encouragement to exercise, eat healthy and maintain a healthy level of stress. I come against the ‘lack devils’; lack of motivation, lack of will power, lack of time, lack of money. Renew my mind and help me to understand that my body is a representation of you. I want to offer my body to you as a sacrifice that is holy and pleasing in your eyes. I understand that this is my spiritual act of worship. I claim the victory in Your precious and Holy name.

“And whatever you do in work or deed, do it all in the name of the Lord Jesus, giving thanks to the Father through Him (Col3:17)
