



Physical Fitness and God

Jim Fixx: “Jim Fixx, running guru and author of the bestselling book *The Complete Runner*, died of a heart attack today while running along a rural Vermont road. Fixx was 52.”

Some Metrics for Measuring Physical Fitness: blood pressure, blood chemistry, body mass indicator, weight, flexibility, strength, cardio fitness, muscle tone, sleep patterns, nutritional health, mobility, illness, disease, skeletal health, heredity, exercise, and injury.

Some additional metrics for measuring physical fitness: 1 Corinthians 6:12-20

So, today God asks us: How is your physical fitness? Could we take a look at some metrics today?

Idea: *I am the manager of the body that God has loaned to me—He commands me to glorify Him with that body.*

The General Truth: God commands that I glorify Him with my body. (v 20)

- The body I live in is God’s and it is on loan to me. (vv 13, 15, 19)
- I was redeemed with a terrific price—the blood and death of Jesus. (v 20)
- After I trust Christ the Holy Spirit indwells my body like God in a temple. (v 19)
- God expects me to be a good manager of the body I have been given. (v 20)
- God demands sexual purity of me—in my mind and in my body. (vv 15-18)

Four people with terrific experience and expertise in four areas of fitness:

- **Melissa Dorr:** aerobic and cardio fitness.
- **Jonathan Chang:** weight training and muscle fitness.
- **Anne Mahon:** nutritional fitness.
- **Randy Jones:** general fitness.

The New Year’s Resolution: “I will lose weight and get in shape this year.”

A better approach: / Continued over

A better approach: “I will walk on my treadmill for 1 hour, 5 times each week.
“**Make Goals not Resolutions.**” By Dan and Chip Heath. Fast Company Magazine. February 2008.
Their specific steps to making goals rather than resolutions:

1. Set a specific and concrete thing to accomplish.
2. Set a specific time to work on it.
3. Set a specific place to work on it.
4. Announce all this to others.
5. Submit to accountability for all of this.
6. Change your environment—remove stumbling blocks from your environments.
7. Change your mental environment from dread to determination.
8. Hang out with people who are being, doing, and becoming what you want.

“Walking Papers”

Practical helps for walking the Christian walk each day this week.

Idea: *I am the manager of the body that God has loaned to me—He commands me to glorify Him with that body.*

- **Today:** Please read 1 Corinthians 6:12-20. What do you think about the following idea? “The body I have is not mine—it is simply on loan to me.”
- **Monday:** Have you had the experience of loaning out a possession and having it come back “trashed?” What are the applications to managing our bodies?
- **Tuesday:** Please reflect on this truth: “you have been bought with a price.”
- **Wednesday:** If the Holy Spirit indwells your body what does that mean for you?
- **Thursday:** How is God convicting you to live in greater sexual purity?
- **Friday:** What are the resolutions that you have made in the past about fitness?
- **Saturday:** What is the main new goal you will set in the area of physical fitness? When will you start? Who will you ask for help? Who will you tell?

Some key fitness resources:

- “Conquering Overeating” ministry at CBC.
- “Overcomers” ministry at CBC.
- Weight Watchers or other calories counting systems. (A recent study showed that the common denominator in all the most effective weight loss programs was the writing down of what we eat and tracking that one metric.)
- Local gyms. \$10 per month.
- Accountability partners.
- Men’s groups on sexual purity.

Note for Connection Groups: *The full study guide for small group and personal study is available at: www.cypressbible.org and then click on “Get Connected” and the link is on that page.*