



JANUARY 6 & 7, 2024

1 Corinthians 6:12-20 (NLT)

You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything. You say, “Food was made for the stomach, and the stomach for food.” (This is true, though someday God will do away with both of them.) But you can’t say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies. And God will raise us from the dead by his power, just as he raised our Lord from the dead. Don’t you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! And don’t you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, “The two are united into one.” But the person who is joined to the Lord is one spirit with him. Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 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, for God bought you with a high price. So you must honor God with your body.

God’s Six-Step Plan to GIFIT

1 _____od expects me to _____ my body well.

1 Corinthians 6:12-13a (NLT)

You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything. You say, “Food was made for the stomach, and the stomach for food.”

2 _____ belong _____ to God.

1 Corinthians 6:13b (NLT)

But you can’t say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies.

3

_____rust wholeheartedly in the _____ of my body.

1 Corinthians 6:14 (NLT)

And God will raise us from the dead by his power, just as he raised our Lord from the dead.

Mistakes I Make:

- I use _____ instead of God's power.
- I have the wrong _____.
- I work harder instead of _____.

4

_____ocus on my _____ as part of the body of Christ.

1 Corinthians 6:15a, 18 (NLT)

Don't you realize that your bodies are actually parts of Christ? Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

5

_____mmerse my plans and preparation in the _____ of the Holy Spirit.

1 Corinthians 6:19 (NLT)

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...

6

_____hank Jesus for _____ my body at the cross.

1 Corinthians 6:20 (NLT)

...for God bought you with a high price. So you must honor God with your body.

Romans 12:1 (NLT)

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

Psalms 119:73 (LB)

You made my body, Lord; now give me sense to heed your laws.

Deuteronomy 32:47 (NLT)

These instructions are not empty words—they are your life! By obeying them you will enjoy a long life in the land you will occupy when you cross the Jordan River.

Proverbs 3:1 (NIV)

My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity.

4 Simple Realizations to Become a Healthier Christian

1. _____ in the plan God has for this journey.

Psalm 116:7 (ICB)

I said to myself, “Relax, because the Lord takes care of you.”

Proverbs 14:30 (NIV)

A heart at peace gives life to the body, but envy rots the bones.

2. _____ is good for the body and soul.

Psalm 32:1-5 (NLT)

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone.

3. _____ generously is good for my health.

Proverbs 11:25 (NIV)

A generous person will prosper; whoever refreshes others will be refreshed.

4. _____ is God’s prescription for good health.

Proverbs 17:22 (ICB)

A happy heart is like good medicine. But a broken spirit drains your strength.

Ecclesiastes 8:15 (MSG)

So, I’m all for just going ahead and having a good time—the best possible. The only earthly good men and women can look forward to is to eat and drink well and have a good time—compensation for the struggle for survival these few years God gives us on earth.

Psalm 51:12 (NLT)

Restore to me the joy of your salvation, and make me willing to obey you.

God’s Six-Step Plan to GITFIT

God expects me to manage my body well.

I belong solely to God.

Trust wholeheartedly in the resurrection of my body.

Focus on my body as part of the body of Christ.

Immerse my plans and preparation in the power of the Holy Spirit.

Thank Jesus for purchasing my body at the cross.



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