

Message Notes: "Fit for Life: Physically Fit"

This weekend we continue our series, "Fit for Life", exploring God's interest in our overall health – be that emotional, financial, relational, or spiritual.

This weekend's focus is on "Physically Fitness".

As I think about our topic, I am reminded of times spent in the doctor's office looking at brochures. In such material you'll usually find "questions or myths" answered with "factual statements".

Here are "2 myth's regarding physical fitness" I came across:

Myth #1: "The only way to burn off fat is to live in a gym."

Fact: The only way to burn fat is to take in fewer calories than you spend.

Experts also encourage us to try our favorite activity -walking, biking, jogging or swimming (not TV watching; Internet surfing; or eating 😊) doing these activities multiple times each week. As we build up muscle tissue, we will burn more calories because muscle burns more calories than fat.

Myth #2: "The best way to reduce the size of our abs is to perform exercises that isolate that area."

Fact: It is physiologically impossible to "spot reduce". The route to success for those stubborn areas is resistance exercise, cardio, and proper nutrition. To burn fat we need to burn more calories. Once we've gotten rid of the fat, our stomach muscles will be more visible (and possible also our shoes 😊).

Not being a "Fitness Expert"...

As I am going to do, I'd encourage you to participation in ABC this weekend, and next, as Dr. David Player talks about physical fitness from a medical perspective, as well as from a place of faith.

If you can't attend, certainly take a few moments and downloading the free podcast. I know "listening in" will be a blessing.

In our time together, I thought we'd continue our "Myth and Fact" discussion using 1 Corinthians 6 as our guide to explore 6 Myths we face as God's people.

Let's dive in. When it comes to life...

Myth #1 says: "Because I am a forgiven in Christ, everything is permissible for me."

Fact: As God's child, while there is "freedom of choice", not every choice is beneficial for our life.

By way of illustration, let's discuss the Hower family car. We paid for it. We own it. Our car is free from the car lot, and from any further car payment.

"Being ours"...that means we can do whatever we want with it.

Is it possible that Jen and I could make decisions that are not helpful, but hurtful to the car. Certainly.

We could defiantly ignore maintenance lights that come on.
We could rebelliously start filling it up with orange juice instead of gasoline, and maple syrup instead of motor oil. While free to do so... While it is permissible... How is that plan going to work for our car? It won't.

God's Word says, "Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything. (1 Corinthians 6:12)

"Everything is permissible." Don't we want to live life from this statement? The Corinthian Christians did. They thought, like we are tempted to think, "I am a forgiven child of God...I can do what I want, eat what I want, drink what I want, watch what I want, act how I want."

In love and concern, Paul says, "Not every choice is beneficial." Freedom can mean making unproductive, destructive choices. Choices that do not promote good in our lives, or in the lives of those around us.

"Freedom of choice" can itself enslave us. We can make a God out of our freedom, rather than following Christ. As we profess with our lips...Jesus is Lord, we are not. With Christ as Lord, rather than decide for ourselves...a better course setting question is: "What does Christ want for my life in this moment."

Romans 6:13 says, "Never offer any part of your body to sin's power. No part of your body should ever be used to do any ungodly thing. Instead, offer yourselves to God as His people who have come back from death and are now alive. Offer all the parts of your body to God. Use them to do everything that God approves of." (God's Word Translation)

In our freedom, judgment and discernment are still needed.

Myth #2 says: "God created me this way, so I can't help my sinful choices."

Fact: God is not the creator, author, or cause of sin. God is the answer for sin.

God's Word says, "The body is not meant for sexual immorality, but for the Lord, and the Lord for the body." (1 Corinthians 6:13b)

True - I sin, you sin, everyone sins...but that does not mean God wants us to, or that He created us to do so.

Sin is the result of our rebellion from God's Word and His Will.

Sin is the result of the spiritual war we live in...each of us continually attacked by the devil and his army of evil.

Rather than denial, or playing the role of a victim, or dumping the blame elsewhere...when it comes to our sin, we need to own the blame, or put the blame where it belongs – on the enemy and all who serve him.

Rather than "created to sin"... God made you to be His cherished child.

We are the crown of His creation, something “very good” in His eyes. Rather than acts of evil, God made you to do good works that He has prepared in advance for you to do. As Paul reminds us, “Our body is meant for the Lord.”

As far as “not being able to help your sinful choices”...that too is a myth. 1 Corinthians 10:13 (ESV) says: “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”

God loves you. In our temptation, God will provide “the way of escape”. His divine power living in us through faith, gives us everything we need to walk in ways that are right, resisting and fleeing from ways that are wrong.

Myth #3 says: “My sinful choices only affect my life.”

Fact: We do not exist unto ourselves. We do not live in complete independence from others. Through your faith in Jesus you are connected to Christ, and a part of His body...known as the church. That being true for our lives...

God’s Word says in 1 Corinthians 6: “Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, “The two will become one flesh.” (1 Corinthians 6:15-16)

The image is clear. When we sin, sexually or in any fashion, it not only affects our life...we unite Jesus Christ with sin. Think of that. With Paul, the thought of uniting, joining, associating Jesus Christ and His church with sin should make us sick. Paul says, “Never! May this not happen.”

Myth #4 says: “Sexual sins don’t need to be spoken about, or dealt with.”

Fact: Sexual sins of any kind, even in our thoughts, corrode life.

God’s Word says, “Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.” (1 Corinthians 6:18)

While we can talk in general about sin, we cannot appropriately handle this text if the specific sin of sexual immorality is not discussed.

1 Corinthians 6:18 tells us that when someone sin sexually, they conduct a direct, destructive attack upon their body. Sexual sins are never neutral, or casual, or harmless. A sexual sin is a direct misuse of the body itself, using the body as an instrument of sin.

Rather than defend, or rationalize any sexual sin, we need to change the way we think and act. As Paul says, we need “to flee”...literally meaning we need “to run, and keep on running” from those moments of temptation.

Living in sin, even defending our sinful lifestyle, is never compatible with being a follower of Jesus Christ.

Myth #5: “It’s my body, I can do what I want, eat what I want, watch what I want.”

Fact: it is not your body to use as you like.

God says to us in His Word: “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 6:19-20)

Our body is not our own. Praise God, we belong to the Lord. Rather than “owners” is to see ourselves as “caretakers of something entrusted to us”.

Imagine for a moment that you were heading out of town, and invited someone to house-sit. While you are away, your family dog/cat runs away. The plants die. Every carpet area gets stained. The windows were left opened and yet the heat was left on and ran constantly. The car was carelessly backed into the garage – damaging both the car and garage. Not only that, the gas tank is empty and there are food rappers and cups all over the floor board.

What we entrusted to someone, was abused or miss-used. The caretaker did not prove faithful or dependable. God’s Word says, “You are not your own. Your body is meant for the Lord...Therefore honor God with your body.”

Lastly, Myth #6: “I’m not valuable. My body, and its lack of fitness, it not worth anything.”

Fact: Your life is worth a great deal. You are a cherished child of God, created by Him. As our passage for today reminds us, your body is the very temple of the Holy Spirit. Your body is so valuable it is a part of what God redeemed through the cross of Jesus Christ as talked about in 1 Corinthians 15.

Possibly the greatest proof that your body and life are valuable comes in 1 Corinthians 6:20a where God’s Word say, “You were bought at a price...”

There is nothing cheap, or valueless, about your life.

Your freedom did not come at a bargain price...and yet Jesus Christ freely and willingly paid what was required for sin’s penalty.

Not only for past sins...but for every present and future failure as well.

When it comes to “Physical Fitness”...the last part of our text says it well, You are not your own; you were bought at a price. Therefore honor God with your body.”
(1 Corinthians 6:19-20). Let’s pray...