

## **Fit for Life: Eternally Fit**

**Matthew 5:21-26**

**March 7, 2010**

## **Fusion: Wednesday at 7 pm ... A New Series: "Does God Exist"**

True U, developed from the Truth Project (Focus on the Family)

**Drive Thru Passion** <show pictures: In folder on P-Drive, DTP Photos> 740ish cars and over 400 volunteers

**Thank you to EVERYONE!**

## **Fit for Life!**

**Relationally Fit**

**Matthew 5:21-26**

"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' <sup>22</sup>But **I tell you that anyone who is angry with his brother will be subject to judgment.** Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell. <sup>23</sup>**Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup>leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.** <sup>25</sup>Settle matters quickly with your adversary who is taking you to court. Do it while you are still with him on the way, or he may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. <sup>26</sup>I tell you the truth, you will not get out until you have paid the last penny." **Matthew 5:21-26**

## ***Jesus Raises the Bar!***

<implosion video: <http://www.youtube.com/watch?v=QO2q4LErGN4>, please use 720p version and watch for ads>

## ***Relationships Matter to GOD***

## **Colossians 3 ... Rules for Holy Living!**

### **Put to DEATH!**

**immorality** (*porneia*, "fornication")

**impurity** (a wide range of perversions)

**lust** (*pathos*, "uncontrollable passion")

**evil desires** ("illicit craving")

**greed** (or coveting, which is idolatry because )

## **Be RID of These ...**

**Be RID of these Habits!** (*apothesthe*, “to put off” like clothes. “Throw it off like a dirty shirt”)

**Anger** (orgēn, chronic attitude of smoldering hatred)

**rage** (an acute outburst; “fits of rage”)

**malice** (*kakian*, the vice that lies below anger and rage as their root)

**slander** (blasphēmian, “railing or evil speaking”).

**filthy language** (*aischrologian*) is shameful or abrasive speech.

**Do NOT lie** (truthfulness is essential in followers of the One who is “the Truth”)

**There is a Another WAY ... MOST Excellent Way!**

... as God’s chosen people, holy and dearly loved,

clothe yourselves

with compassion, kindness, humility, gentleness and patience.

Bear with each other and

forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

And over all these virtues put on love, which binds them all together in perfect unity. Colossians 3:12-14

Ephesians 4:2, Galatians 5:22, 23

**Romans 12 (Living Sacrifices)**

**If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18**

**Do not be overcome by evil, but overcome evil with good. Romans 12:21**