

Inspiration

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Welcome to Capital Baptist Church and welcome to our current teaching series entitled Bod4God. Please take your Bible and turn with me to John chapter 10 and today we are going to talk about inspiration. We are going to talk about motivating yourself for change.

I am so glad you joined us today for this really, really important message about changing your life.

Now as you are turning there also in your program is a study guide of our message for today and I want to encourage you to get that out and to use that study guide. And also if you are listening online, I want to welcome you today and you, too, can have the study guide by downloading it at capitalbaptist dot org.

Well, today we are going to begin talking about this very important subject of inspiration. We are going to be talking about motivating yourself for change.

Before we get to that, though, let's talk about this idea of Bod4God: Four Keys to a Better Body. What is that all about? Bod4God. Well it is realizing this. Your body was created through God and for God. A Bod4God is realizing, hey, you know what? I am created through God, but I am also created for God.

The Bible says in Colossians 1:16, "For by him all things were created that are in heaven and that are in earth, visible and invisible, whether thrones or dominions or principalities or powers." Now listen to this. "All things were created through him and for him."

Now I want you to personalize that statement, all things. I want you to think about you. You were created through him. Think about this. I was created through him, but also for him.

So this verse tells us, number one, that God is the creator of our bodies. He created us. But not only is he the creator of our bodies, don't miss this. He is also to be the controller of our bodies. We are not just made through him. We are made for him. And in this series we are looking at having a Bod4God and recognizing that we are made for him.

Now the good news is God didn't just leave us out here with no direction. Thank God for the Bible. You know, thank God for the Word of God. Thank God for this book. I mean, I believe the greatest health book in all the world is not my book Bod4God. The greatest health book in the whole world is the holy Bible.

See, the creator wrote this book. Do you understand that? The one that actually made you, wrote a book to you, to me. And he tells us in the Word of God what it takes to have a Bod4God.

I discovered that the word body is actually in the Bible 179 times. I mean this book uses the word "body" 179 times. And in this series you are going to be learning many of those biblical passages and how they relate to you.

Now when you think about this, you need to realize the purpose of this series is to help you achieve, listen, a Bod4God lifestyle. This is what this is all about. And I want you to circle the word "lifestyle." Please understand this series is about living the life that God designed for you to live. If you miss that statement, you miss what we are doing here in this series.

This series is not about weight loss. It is not about getting porn out of your life. It is not about getting bitterness out of your life. It is not about smoking. It is not about alcohol. It is not about marijuana. It is not about cocaine. It is not about sexual sin, fornication, adultery, none of those sins against the body is what this series is about. What this series is about is much greater than those things. This series is about living the life that God designed for you to live. That is what this is all about, experiencing a Bod4God lifestyle.

Now listen. You will learn how to apply four biblical keys for a better body. Now we looked at the first key. The first key is the most important key. If you missed last week's message, I encourage you in the strongest way I know to say it. Go back and listen to that message. Go to capitalbaptist.org and you can listen to every week's message and get every week's study guide. Literally people from all over the world weekly listen to these messages. You can do it, ok? Take the time. I am telling you. It is worth the time because the first key is the most important key.

Today we are going to look at the second key. That is inspiration. That is motivating yourself for change. Next week eat and exercise. That is managing your habits. And then T, that is T is for team, building your circle of support.

So today let's go to John chapter 10 verse 10 and let's talk about inspiration. And I want to begin with the verse in the Bible that has meant so much to me when it comes to inspiration and it is John chapter 10 verse number 10. Here the Word of God says and Jesus spoke these words and he said this.

"The thief does not come except to steal and to kill and to destroy. I have come that they may have life and that they may have it more abundantly."

The thief, now who is the thief? That is Satan, our adversary, Satan, our opponent. Jesus says, "I have come that they might have life and that they may have it more abundantly."

Now you look at that verse, there are a number of things that are striking about this verse, but one of the things you don't want to miss is the fact that every day there are competing agendas going on in your life. When you woke up this morning, Satan had an agenda for your life. And Jesus had an agenda for your life. These two agendas are very, very different. They are competing agendas.

Satan said to you today, "Good morning. Welcome. Glad you are awake. Let's get going. Let's get busy. I want to steal from you today. I want to kill you today. I want to destroy you today."

Jesus said, "Good morning. I today want to give you life. And I don't just want to give you life. I want to give you a life more abundant."

These are very different lifestyles, aren't they? Now let's look at this in a deeper way. here is what you need to understand. Satan doesn't care what he uses to accomplish his goal for your life as long as he is successful. And here is the deal. He is going to use whatever will work. He is going to use whatever will work.

You see, there are people that say to me from time to time, they will say, "You know what? You make too big a deal out of this thing. You are just, you know... this is really not that big a deal. You have got to understand there are people I hear they are addicted to cocaine. They are addicted to his. They are addicted to that. And you are just over here talking about food. I mean, you know, come on. Give me a break. You are taking this thing too far."

Now if you are that person as I would say to you if we were face to face, I would inform you that you are very misguided, ok? And what I mean by that is this. Satan will use whatever will work to accomplish his agenda. If he can get you hooked on porn, porn will do the job on all those things. It will steal from you. It will kill you and it will destroy you. If he can get you hooked on tobacco he can get you puffing those cigarettes. Everyone you puff you lose three minutes off your life. That is what they tell us. If he can get you full of bitterness, if you are bitter, angry, mean, negative, depressed person he will accomplish his goal for your life. He gets you hooked on sexual sin, alcohol, marijuana, cocaine, the list goes on and on and on.

But for some of us—me, in particular—he couldn't get me hooked on those things. He didn't need to get me hooked on those things. It wasn't necessary. He was doing what he wanted to do in my life using food and laziness. And he got me up to 340 pounds with high blood pressure, the silent killer, high cholesterol clogging up my arteries, diabetes. What was he doing? He was stealing from me. He was killing me. He was destroying me.

And when I surrendered my fork to God, guess what happened? I started losing weight. And when I got to 70 pounds of weight loss I no longer had to deal with high blood

pressure, high cholesterol or diabetes. I was living. This is serious what we are talking about today, whatever it is. If it is alcohol... just the list goes on and on. I have identified about 18 different sins of the body that Satan uses to destroy us. I don't have time to unpack all of that right now, but the point is, I mean, he will just use whatever will work.

So you need to realize there is another agenda and that is to live and not just to live, to live a more abundant life. Doesn't that sound good to you, to live a more abundant life? Wow. Think about it. This inspires me. This motivates me.

And what you need to understand about inspiration is this. Inspiration provides the muscle for building a body for God. Inspiration is important because it is kind of like the muscle that is going to propel you forward. If you keep falling down in your sin, you need to understand that your eye is just not strong enough. You have got to find an eye, something that is going to motivate you to change.

See, here is the deal. If you have a strong enough why any what is possible. If you have a strong enough why in your life, if it is strong enough, any what is possible. It is all about the why. It is all about the inspiration in your life that is going to move you forward.

What can you do to craft your personal motivation? Number one, this is so important. Reject procrastination. You see, today you have got to decide you are going to make the change. You have been procrastinating. You have been putting it off. And yet the Bible says in James 4:17, "Therefore to him who knows to do good and does not do it, to him it is sin." I mean, God's Word is clear. You know to do good and you don't do it. Well, the Bible calls that sin.

And it is so easy for us to procrastinate. I know in my deal, you know, the most popular diet plan it is called the [?] diet. I don't know if you are familiar with the [?] diet, but that is the one where you say, "Tomorrow I am going to do it."

Pastor, I... certainly I am not going to start on Sunday. I mean, you have to get going here and I guess I will get started on this tomorrow or whatever. I mean it is always [?]. It is always tomorrow.

I remember I got started right in the middle of the Thanksgiving, Christmas holiday period. I just said, "You know what? It is time."

At some point we just have to reject procrastination. Why should you improve your health now? Circle the word "now." Number one, physical reasons.

I love 3 John verse two. It says, "Beloved, I pray that you may prosper in all things and, listen, be in health just as your soul prospers."

Just think about God desires for you to prosper. I am not talking about prosperity theology. But I am talking about the very nature and character of God is that he wants

you to prosper. Part of that is he wants you to be in health. He wants you to be in health. This should motivate you, the physical reason of being in health.

Now what does that look like? Well, number one, you will feel better. You will feel better. Most of us turn to whatever our sin is, our sex outside of marriage, our porn, our ... even our bitterness, you know, believe it or not. I mean, we turn to these things because of a feeling. We want to have that cigarette. We want to drink that alcohol. We want to do whatever hoping to feel a little bit better.

But, you know, and here is the deal. Yes, I would say those things can make you feel better, but only in the short term. A Bod4God lifestyle allows you to feel better all the time.

See, you have got to realize when you say, "I am going to do it now," you're moving in a new direction of feeling better. Also, you will look better. And then about this? You will live longer.

Another thing to think about why you should do it now is the spiritual reason. And that is your body is the temple of God.

Now last week in our last message I made 1 Corinthians 6:19-20 our text, our main text. [?] recall what that passage talks about is the fact that our bodies are the temple of God. And we talked about the fact that from the time you are saved, the time you have a relationship with Jesus Christ as your Savior and your Lord, from that point on, God's Spirit takes up residence in your life. You are the temple of God. God lives inside of you. Let that sink in a little bit.

And it says because of that glorify God in your what? Body. Your body is the temple of God. So glorify God in your body.

Now today I want to take that a step further and I want you to see an illustration that really motivated me and it is Matthew 21:12-13 where it says that Jesus went into what? The temple of God. Now let me do a little doctrinal teaching, ok? Stick with me here, ok?

All right, so from the point of the resurrection of Jesus on that is when Jesus said, "I am going up but the Holy Spirit is coming down." And from that point on when a person had relationship with Jesus Christ, the Holy Spirit took up residence in them. Before the resurrection there was the temple of God, a building, as such.

So here we are, listen. Jesus went into the temple of God. Now the problem is these people are trashing the temple. They have taken what should have been a place of prayer and turned it over to a place of commerce, a place where God should be worshipped and praised and they have made it into a place of commerce. They have turned the temple into a Walmart, basically.

And what does Jesus do? Here it is. Jesus gets mad. I don't know what your view of Jesus is, but this is.... I like this view on top of the other views of Jesus. He starts flipping tables. He is mad at what is going on at the temple.

When are you going to get mad? When are you going to get mad at what you're doing to the temple of God? When are you going to get mad and start flipping some tables? Basically go into action? When are you going to start acting? When are you going to start doing?

Boy, I tell you, when I saw that, that really inspired me. I had to get mad. I had to get mad at what Satan had done to me. He was going to cut off my life. He was going to destroy me. He was going to destroy the quality of my life and the quantity of my life. And I had to get mad about it and say, "No you are not. No way, ok? NO way is that going to happen."

Reject procrastination. Reject it.

Secondly, refine your attitude. The Bible says, "For as he thinks in his heart, so is he."

Your attitude is so important. What are some unhealthy attitudes? Well, number one, you can reject your body. This is a big one for us today. We can reject our body. And the reason we struggle so much in this area is because of our culture around us. Our culture around us paints this picture of this body that none of us will ever live up to. And what do we do? We say, "You know what? I don't have a body like they do and so I am just going to reject my body."

I am writing a book. I have just started on health for men. Pray for this project because, number one, men don't read books and, number two, they don't read books about health. Because I wanted to see what does the world teach about men's fitness? And so I get those magazines and I am planning to spend a lot of time looking through them, but I have done a pretty good glance at them going through them and it pretty much is page after page after page.

And for you ladies it is a whole lot harder for you. I mean, it is constant, the pressure that is put on you to look a certain way. You know, GI Joe. Can I tell you when I was a kid I looked like Mr. Potato Head and not GI Joe. But yet I was supposed to look at this image of GI Joe, you know, whatever. All this pressure, but what do we do? We just reject our body.

Can I tell you something? You are beautiful. Do you understand all the variety in the world? Do you understand how much time and thought God put into you? Do you understand we are all different? Every one of us are different here, every one of us. None of us look the same, none of us. He took time crafting us and making us.

Do you know what? You are so handsome. You are so beautiful. You are. You have got to realize that. You have got to understand how God views you today. And you can't listen to the world. It tells you you have got to look a certain way and be a certain way. That will get you nowhere.

The Bible says those that compare themselves among themselves are not wise. Stop it. Stop it.

Secondly, you can perfect your body. Then we have this crowd. They are always at the gym, always. They are food Nazis. I can kind of lean in that direction, but I am far [?] other people. I get asked all the time about what kind of food we have served at our church. It is all about perfecting and being that perfect person and all other priorities go out the door, all other priorities go out the window. That is not good either. And then how about you can neglect your body. That is what I did from the time I was 21, 22 years old until the time I was 48 years old. The healthy attitude is you can maximize your body.

What about that? What about just saying, "You know what? Psalm 139 tells me I will praise you for I am fearfully and wonderfully made. Marvelous are your works."

Don't you love that wonderfully made part? Just say, "You know what, I am going to maximize my body. I am going to get the most I can out of the body that God gave to me." That is a good attitude.

Number three, renew your mind. Ephesians four tells us that we need to put off the former conduct, verse 22. Verse 24 says we have to put on the new man. And notice what is right in between. Underline this, verse 23. Be renewed in the spirit of your mind. See, if we are going to live a life that is honoring to God, if we are going to have a Bod4God lifestyle, we have to renew our minds, because really the four... listen. Any sin you commit begins first in the mind, right? I mean there has never been an act of adultery that didn't first start in the mind. It was created in the mind. That is where it began. That is where it began.

So what we have to do is we have to renew our minds, because our mind is going over here. Our mind is saying, "I hate that person and I am not going to forgive them. I am going to be bitter towards them, blah, blah, blah." That is what we are thinking. We are thinking, "Oh, man, a cigarette would just taste so good right now." And we are thinking We have to renew our minds. How do we do that? Well, number one, read the Bible every day. It is amazing what five minutes in the Bible a day can change about 23 hours and 55 minutes. It is amazing. If you... I am telling you, five minutes it will change 23 hours and 55 minutes. Ten minutes can do more. Fifteen can do more. A half an hour can do more, but don't neglect the importance of even five minutes in the Bible, five minutes in the Word of God.

Joshua 1:8 tells us we need to meditate in the Word so we can do it and then we will be prosperous and we will have good success. And the only time the word "success" is used in the Bible is right there in Joshua 1:8.

And then read health related books or materials. Every day I read something about health, every day. Renew your mind.

Number four, remember the benefits. See, you have got to keep in your mind what is the price for a Bod4God. Galatians 6:7 through nine says, "Be not deceived, God is not mocked. For whatever a man sows, that he will also reap." Man, that is the most powerful law in the world. You cannot avoid that law. Whatever you sow, you will reap. And don't be afraid of that. Embrace it, because it is awesome when you start sowing the right things once you get to read. But you better respect it, because if you sow the wrong things that is what you are going to reap, because if you sow to the flesh you are going to reap corruption. What was I doing? I was sowing to my flesh, wasn't I? I reaped corruption.

He that sows to the spirit, what do you do when you allow the Holy Spirit to lead you and direct you as we talked about last week? You will reap what? Everlasting life.

And listen to this. Don't grow weary while doing good for in due season, listen, for in the season we shall reap if we do not lose heart.

So here is the deal. Remember the benefits. Number one, decrease your pain. One of the great benefits of a Bod4God is you lower the pain in your life. You see, sin, listen, sin takes you on a painful downward spiral. That is what it does. It comes into your life and it controls your life and it puts you on a dangerous, destructive painful direction in your life. You have go to realize that.

The Bible says this. It says, "The way of the unfaithful is what? Hard."

Would you learn that word "hard"? When you are unfaithful to God, you are going to live a hard life. Aren't you tired of the pain? Aren't you tired of what it has done to your relationships? Aren't you tired of what it has done to your relationships? Aren't you tired of what it has done to your marriage? Aren't you tired of what it has done to your finances, your emotions, your health, your career? Aren't you tired of the pain?

Remember the benefit. When you have Bod4God for lifestyle you can decrease your pain. Just keep that out there in front of you. I want to decrease my pain. I am going to start sowing to the spirit and I am going to reap life everlasting.

And then as we ramp it up on the back page you increase your pleasure. That is a wonderful thing to live for God. It is a wonderful thing to have a Bod4God. You get to increase your pleasure.

And then, lastly, number five is by far the most important one. I want you to put a star there. I saved the most important for last. Rely on God.

Oh taste and see the Lord is good. Blessed is the man who trusts—that means rely—who relies in him. Trust in him.

What are you tasting right now? Is it really good? Can you say there, “Oh taste and see the Lord is good. Oh taste and see...”? I mean, this is good. Can you really say that?

The Lord is good. I will tell you that much. The Lord is good. And blessed, happy, blessed is the person, the man who trusts in him. Rely on God.

Know that your flesh is weak. Your flesh is weak and you must watch and pray. You can't do this on your own. You need God. So ask Jesus Christ to be your personal Savior and then trainer.

Ah, your Savior. That is the most important thing, but what about being your personal trainer? You want a personal trainer? How about Jesus? Ask him to be your personal Savior.

Romans 10:9 says, “If you confess with your mouth the Lord Jesus and believe in your heart that God has raised him from the dead, listen, you will be saved.”

And then look at this. How would you like to have a trainer like this? I can do all things through Christ who strengthens me. It sounds like a pretty good trainer to me. Amen. I can do all things. My trainer, I can do all things through my trainer. Amen? I can do all things. All means all for all things through Christ.

Humanism is, “I can do all things.”

Christianity is, “I can do all things through Christ who strengthens me.”

Rely on God.

Ladies and gentlemen, Bod4God is really about living the life that God created you to have. It is not about any of these other sins we are talking about here. That is low stuff. It is my life. That is what we are talking about. I call it losing to live.

Matthew 16:24-25.

Then Jesus said to his disciples, “If anyone desires to come after me, let him deny himself and take up his cross and follow me. For whoever desires to save his life, you just keep holding on to your sin. You are going to lose your life. But whoever loses his life for my sake, guess what will happen? You will find it.”

Let's pray.

Father, we love you. You are a great and mighty God. We praise you, almighty God, for the privilege we have to look at your Word and to find inspiration. Lord, thank you that through you we can be motivated to change.

Today as we conclude, I just want to challenge you in two ways. Number one, I want to challenge you to rely on God. I want to challenge you to... if there has never been a time in your life, to ask Jesus to be your Savior, to be your Lord. And, beyond that, ask him to be your trainer. He can help you accomplish things that you might feel are impossible today. He is that kind of God. And then if you have never asked Christ as Savior, just call on him. As I read the verse, it says, "Confess with your mouth the Lord Jesus and believe in your heart that God raised Jesus from the dead and you can be saved." Do that today. Just go and pray right now. Talk to God, admitting your sin, your need of salvation and ask him to save you today.

And then the second way I want to challenge you as a next step is to identify your inspiration.

Now, listen. It might change over time. You might update it, you know, or as you go and that is fine. But today I want to lock you in. I want to lock you in today to a little snapshot of where you are today, just right this very moment. What is your inspiration for change? What is your inspiration for change?

So identify that and say, "Ok, as I leave today as of right now, this is what I am going to look at for inspiration."

And, again, you might change it, update, refine it as you, but get started. Get started today.

Father, we thank you and praise you for this place and what you are doing in our lives in Jesus' name. Amen.

B. Increase your _____.

“20: My son, give attention to my words; Incline your ear to my sayings.

21: Do not let them depart from your eyes; Keep them in the midst of your heart;

22”: For they are life to those who find them, And health to all their flesh.” Proverbs 4:20-22

V. _____ ON GOD

“Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!” Psalm 34:8

A. Know that your flesh is _____ and that you must “watch and pray”.

“Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Matthew 26:41

B. Ask Jesus Christ to be your personal _____ and _____.

“that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.” Romans 10:9

“I can do all things through Christ who strengthens me.” Philippians 4:13

Bod4God is really about living the life that God created you to live!!

“24: Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

25 : For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.” Matthew 16:24-25

BOD 4 GOD

Inspiration: Motivating Yourself For Change Pastor Steve Reynolds

INTRODUCTION

A. Your body was created _____ God and _____ God.

“For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” Colossians 1:16

The word “body” is mentioned _____ times in the Bible.

B. The purpose of this series is to help you achieve a Bod 4 God lifestyle. You will learn how to apply four biblical keys for a better body. The messages include:

- **Dedication:** Honoring God With Your Body
- **Inspiration:** Motivating Yourself For Change
- **Eat & Exercise:** Managing Your Habits
- **Team:** Building Your Circle Of Support

C. **TEXT:** John 10:10 (Pew Bible/Pg. 107/New Testament)

Inspiration provides the _____ for building a Bod4God.

HOW TO MOTIVATE YOURSELF FOR CHANGE

I. _____ PROCRASTINATION

“Therefore, to him who knows to do good and does not do it, to him it is sin.” James 4:17

Why should you improve your health now?

A. _____ reasons:

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” III John 2

1. You’ll _____ better.
2. You’ll _____ better.
3. You’ll _____ longer.

B. _____ reason: Your body is the temple of God. (I Corinthians 6:19-20)

“12: Then Jesus went into the temple of God and drove out all those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves.

13: And He said to them, 'It is written, 'my house shall be called a house of prayer,' but you have made it a 'den of thieves.'” Matthew 21:12-13

II. _____ YOUR ATTITUDE

“For as he thinks in his heart, so is he....” Proverbs 23:7a

A. Unhealthy attitudes:

1. You can _____ your body.
2. You can _____ your body.
3. You can _____ your body.

B. The healthy attitude: You can _____ your body.

“I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works,...” Psalm 139:14a

III. _____ YOUR MIND

“22: that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

23: and be renewed in the spirit of your mind,

24: and that you put on the new man which was created according to God, in true righteousness and holiness.”

Ephesians 4:22-24

A. Read the _____ every day.

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” Joshua 1:8

B. Read health related _____ or materials every day.

“Bring the cloak that I left with Carpus at Troas when you come—and the books, especially the parchments.”

II Timothy 4:13

IV. _____ THE BENEFITS

“7: Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

8: For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

9: And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.” Galatians 6:7-9

A. Decrease your _____.

“Good understanding gains favor, But the way of the unfaithful is hard.”

Proverbs 13:15