

Eating & Exercise

Bod4God

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Welcome to Capital Baptist Church and welcome to our current teaching series entitled Bod4God. We are talking about four keys to a better body.

Please take your Bible and turn with me to 1 Thessalonians chapter four. Today we are going to be talking about something really, really significant when it comes to Bod4God and that is eat and exercise and what we are talking about today is managing your habits. We are going to talk about how you get this actually downloaded into your daily habits, your daily lifestyle. And so I am so glad you have joined us today. And I would like to ask you, if you would, to take out the study guide. Please take that out and use it.

If you are listening online today I want to welcome you and I want you to know that you, too, can have the study guide. Download it there through our website.

Well, today I am really, really excited about this message. I have been anticipating this message, because this is so critical and so important to having a Bod4God. Eat and exercise, managing your habits.

Now the basis of this series is this. Your body was created through God and for God. Your body was created, listen, through God, but not just through God. That is great, but don't miss the second part and that is for God. We are to have a Bod4God.

Colossians 1:16 says that all things were created through him and for him, that God doesn't just tell us we need to have a Bod4God, God shows us how to do it. In fact, the word "body" is mentioned in the Bible 179 times.

Now the purpose of this series is to help you achieve a Bod4God lifestyle. Circle the word "lifestyle." That is why today's message is so essential. This today is really hitting at the core of a lifestyle. You will learn how to apply four biblical keys for a better body. The messages include, number one, D is for dedication, honoring God with your body. I is for inspiration, motivating yourself for change. And we have already completed those messages. And then E today is eat and exercise. Managing your habits. And then next week is my favorite key. T is for team. Building your circle of support.

Now I want to remind you that today as I talk about this issue, I will be talking a lot from my viewpoint and what I am struggling with when it comes to having a Bod4God. And my struggle is gluttony. That is where I struggle the most when it comes to having a Bod4God. But you need to keep reminding yourself because some of you, maybe, are struggling in that area, but the deal is this. All of these are transferrable concepts.

I don't care, ok, what is your sin. I don't care what is your addiction. I promise you that you can take these same four keys and apply them and you can find victory in your life.

So when I talk about weight, when I talk about gluttony, when I talk about slothfulness, when I talk about these sins in my own life that I deal with and struggle with, you just turn right over and if your deal is pornography or anger or bitterness or alcohol or some drug, I mean, prescription drugs. I guarantee you. There is a significant number of people sitting right in this room right now that are addicted to prescription drugs. It is so huge in our culture right now.

You can't have a Bod4God and be addicted to prescription drugs. It is impossible. You know, I don't know what it is. I don't know what it is, but what is keeping you from honoring God with your body? Focus on that and think about that today as we share this message, because ultimately this is about living the life that God designed for you to live. And whatever is standing in your way of experiencing that incredible life that God has for you, whatever sin is holding you back, whatever addiction is taking you down, this series is about that. It is you overcoming and being victorious and being a winner so that you can experience what God has for you.

1 Thessalonians chapter four I want to read verses three through five.

Here the Bible says this in 1 Thessalonians 4:3-5.

“For this is the will of God.”

Now right there that ought to get your attention.

“For this is the will of God.”

That is a pretty significant statement. We are getting ready to be told something that is dogmatically the will of God, that God desires this for everyone of us. What is so important that he would call it the will of God?

And here it is. Your sanctification.

Sanctification means holy living. It is God's will that you live a holy life. He saved you that you might surrender your all to him, that, you know, getting saved is not just fire insurance to keep you out of hell. It is about becoming more and more like Jesus and one day going to heaven. It is God's will that each of us be sanctified. It is God's will that each of us learn what it is to live a holy, godly life. He goes on to say that you should

abstain from, listen, sexual immorality. Now here it is. Their deal among this group of people that Paul is addressing wasn't gluttony. It was sexual immorality.

He was telling them, "You can't have a Bod4God and be fornicating. You can't have a Bod4God and be looking at porn. You can't have a Bod4God and be involved in adultery." He says, "You have got to avoid that stuff. You have got to avoid sexual immorality. It is time to abstain from it. If you were involved in any of that sin, it is time to stop it. It is time to end it. It is time to abstain from it." That is what he telling us.

Then he goes on to say, "Well, here is the deal." For that to happen each of you should know how, we have got to learn how to possess our vessel.

See, if we are going to accomplish this goal of a Bod4God we have got to learn how to manage our habits, right? We have to learn how to be able to have a Bod4God in such a way that we are learning how to honor God with our vessel, honor God with our body and sanctification and honor.

And then he goes on to say, verse five. "Not in passion of lust like the Gentiles or like the world or those that are unsaved who do not know God."

What an indictment. He says to these people, "You are living like lost people. You are living like ungodly people who don't even know God." They don't even know God. Wow, powerful stuff.

Then we are going to talk about how to manage your habits. Now we didn't understand that healthy habits produce a healthy body. Healthy habits produce a healthy body. You are never going to have a healthy body without healthy habits. And so today we are going to talk about how to do that.

It amazes me how many people want to be healthy, but they don't want to do what it takes to be healthy. It amazes me. To me it is just like wow. You know, I mean, people want such and such, they want health, they want all of this stuff and they are not willing to make habits that take them to that end. It is just not going to happen. Do you understand that? It is just not going to happen.

So let's talk about how to manage your habits. Now, I want you to go to your Bible again and turn to Daniel chapter one. We read a New Testament reading and now go back to the Old Testament. You have got Isaiah, Jeremiah, Lamentations, Ezekiel and Daniel. Daniel chapter one. And what we are going to do today, is we are going to be actually looking at a case study. We are going to be looking at a real person. His name is Daniel and we are going to see here a model that we can follow for managing our habits. This is a fascinating passage of Scripture. And we are going to be looking at Daniel 1:8-16, but to look at it further and to get the context we are going to note here verses one through seven. What is going on here? What is the context? Well, the context is this. Two big things happen in verses one through seven.

Number one, Nebuchadnezzar the King of Babylon captures Jerusalem. So Nebuchadnezzar the King of Babylon comes in and he captures Jerusalem. Number two, he lays down an order and the order is this. I want you to find the very best of the best of the Jewish young men and I want you to take those best of the best, young Jewish men and I want you to train them and prepare them to work in my palace.

And of that group that was selected, that just handful of young men that were selected, one of them was a guy name Daniel. And the Bible tells us here in response to that situation how to manage our habits.

Number one, obey the Bible. What the Word of God tells us concerning Daniel how that in verse number five the king appointed for them a daily provision of the king's delicacies and of the wine which he drank. So part of this training was to drink what the king drank and to eat what the king was eating. And so basically we find here in this passage that this food and this drink, the thing that made it the most bad was that it had been offered to idols. And the Bible specifically forbade that. Not getting into just the issue of alcohol and getting into the issue of the food. I mean, probably the food, I mean it was probably, I mean, by cultural terms we would call it good food or whatever. It is not good food, but, you know, it probably had a lot of fat in it and a lot of everything else in it. But from a worldly standpoint, I mean, it was the best. He was the king. He was the king and the king wanted to make sure that these young men were eating and enjoying, so to speak, what he was eating and what he was drinking.'

And the Bible tells us in Daniel one verse eight, "But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank."

See, Daniel made the decision that he was going to obey the Bible, that he was going to obey the Word of almighty God. He made a decision.

The Bible says in Proverbs four verses 20 through 22, "My son, give attention to my words. Incline your ear to my sayings. Do not let them depart from your eyes. Keep them in the midst of your heart for they are life to those who find them and learn this. And health to all their flesh."

Do you see that? What the Bible is telling us here is that by obeying the Bible you will experience health to all your flesh.

I mentioned it earlier in this series, I mean, and I want to say it again. The greatest health book in the world is the Bible. I mean, the greatest health book in the whole wide world is the Bible. It is the Word of God. And by obeying it, you will find health in your flesh. You will find health in your body.

Now the Bible says a lot about the body and there is two basic things I want to share with you about it and what the Bible teaches. And really what this comes under is what I call the secret to weight loss.

Many, many times, hundreds of times I have been asked this question. What did you do? And the way people ask the question, here is what they are really saying? What was the pill you took? What was the potion you took? Because that is how our culture views weight loss. There has got to be a pill. There has got to be a potion. And we spend billions and billions of dollars on that stuff.

I am not getting supplements for health and things like that, but I am very much against thinking you have got to have any pill or any potion to lose weight and keep it off. It is not true. I mean, a calorie is a calorie and basically if you want to lose weight and keep it off you have to burn calories. Right? It is not that hard.

Now I know I am not a doctor and I know there is other things that affect maybe five percent, again, I am not a doctor. I know there is a small minority of people out there, they can do that and they still don't lose and I am not a doctor. See your doctor. I am telling you, most of us, nobody in this room, by the way...

You know, you are sitting there, yeah, he is talking about me. I am one of those five percent.

No, you are not, ok?

But let me give you a secret to weight loss. Are you ready? Number one, you have got to eat less. The Bible talks about gluttony. The Bible calls gluttony a sin. The part of finding the health to your body is to realize God wants us to control our portion. Our stomach is about the size of our fist. So why do we eat the size of our head? It is not that complicated.

Is it easy? No. But it is not complicated. It is... let me be clear. It is not easy, but it is not complicated. Don't get it all mixed up in your mind. It is not that complicated.

Now with eating less you have got to eat better. And what I mean by eating better is eat for your health, not your happiness.

Now this is huge because people view food and their selections of food by whether it makes them happy.

I am not going to eat that. I don't like it.

Excuse me. I need to go vomit, ok, into the bathroom, ok? You really don't want to say that to me, ok? Because I was like that. And it resulted in 340 pounds and high blood pressure and high cholesterol and diabetes.

It really isn't about whether it makes you happy. It is whether it makes you healthy.

Now the good news is you keep eating what makes you healthy, before long it makes you happy. See, at first it is like a sacrifice. Oh, wow. I am a mighty Christian guy, you know. I am sacrificing all that, wow, you know. I am fantastic.

Whatever.

Before long you say, “You know what? This is ok.” And then before long you say, “This isn’t bad.” And before long you say, listen, you say, “I like this.” And before long that stuff you used to eat every day makes you sick. Your body rejects it. Your body doesn’t even want it. That is how it works.

Deuteronomy eight, I love it, because it describes what God calls good. It says, “For the Lord your God is bringing you into a good land.”

This is a good land. What does a good land look like? A land of brooks of what? Water. Circle that. Water. God calls water good. Your body is 70 percent water. You might want to drink a little water every once in a while. And you are going to strive for half of your body weight in ounces. That is what you want to strive for as a good medium.

What else is good in this land? Verse eight. A land of wheat, a land of barley, a land of vines, a land of fig trees. Fast food is fast death. Let’s do your research. Look it up. See what you [?]. A land of pomegranates, a land of olive oil, a land of honey. Not vegetable oil, olive oil. God called this stuff good. This is living good, living food.

Proverbs 23:2 says, “Put a knife to your throat if you are a man given to appetite.”

Boy, that verse bothered me when I weighed 340 pounds. I would read that verse so fast. I would ignore it. I didn’t understand it. It seemed like a weird verse to me. But I knew I was a man given to appetite and I knew I didn’t like knives particularly around my throat, ok? So I didn’t like that verse and I just said, “God, you can explain that to me when I get to heaven.”

Then I stopped and pondered it a while and here is what it teaches us. Number one, it is serious when you have got a gluttony problem. It is serious.

When we were a person given to appetite and you are a glutton it is serious.

Number two, it calls for action. It says you better do something about it. I mean, really this is kind of a cultural image of putting a knife to your throat. But the whole idea is do something. Do something about it. change your life is literally what it saying.

1 Corinthians 10:31 says, “Therefore whether you eat or drink, whatever you do, do all to the glory of God.”

That is the litmus test right there. Can I glorify God by what I am eating right now? Can I glorify God with what I am drinking right now? Does this glorify God?

I mean, put that verse in you mind when you check out in the grocery store and look down in that basket and say, “Is this glorifying to God? Would God want me to put this stuff in my body that I have got here in this basket?”

This is the Word of God. You have got a purpose in your heart and then exercise more. God’s Word tells us that he designed us to be physically active. That is the Word of God. To exercise means movement. It may nor may not mean going to the gym, but it means, you know, moving your body. It means taking the steps rather than the elevator. It means parking further out in the parking lot and walking in. It means moving your body. And hopefully it will include walking or the gym or some other things that you could get involved in.

See Genesis 2:15 says, “The Lord God took the man and put him in the Garden of Eden,” to sit around and eat, you know pop tarts or what was he supposed to be doing in the Garden of Eden? Tend it and keep it.

Any of you know anything about keeping a garden? Have any of you ever had a garden? God put Adam into the garden and he said, “Buddy, you are going to work here. You are going to move. You are going to exercise. You are going to tend and keep this garden.”

After the fall it became even harder. Genesis 3:23 says, “Man, you are going to be in the garden and you are going to have to, you know, till the ground. There is going to be weeds and there is going to be thistles and briars and it is going to get even worse for you.”

See, God from the beginning expected us to be physically active.

1 Timothy four talks about exercise. It is the only time the word “exercise” is in the Bible. I used to use this verse as a reason not to exercise, because it says that exercise profits a little. I used to think, I am not going to do that. It only profits a little.

Well, what does it really say? Well, number one, it is a comparison. It is talking about the spiritual and the physical. And it does say that when you give yourself to godliness it is profitable for all things. And not only does it have the promise of life that is now is, it also has the promise of life that is to come. In other words, when you pour yourself into these spiritual exercises they have eternal ramifications because no matter what you do in this body, you are going to die. There is going to come an end to it, an end to it. So it is a comparison between the two.

But, secondly, you have got to understand that these people didn’t need to be told to exercise, because every day of life was an exercise. Do you understand that? They didn’t have indoor plumbing. They didn’t have modern conveniences of ovens and microwaves. They didn’t have cars. I mean, they walked wherever they went. They didn’t have air conditioning. They sweated. Everyday was a workout for them. We don’t live in that

culture. We live in a sitting culture. They say now that sitting is the new smoking for this culture.

We have always known that smoking was bad for us, but the culture today sitting is kind of like the new smoking. All the sitting that we are doing is making us unhealthy.

God wants us to exercise. Right now I am going to ask Dr. Liz Baroni to come and we are going to talk about exercise today. So I want you to welcome Dr. Liz as she comes and I want you to look in your program and in your program is an insert that says, "Body and soul." I want you to take that out, because we are going to highlight that today.

Now we are blessed to have Liz in our church. We are truly blessed and her whole family is such a blessing. Honestly it is an honor for me to be their pastor.

Two things. Number one she is a medical doctor. She is a physician. She is an internal medicine physician. Number two, she is a certified trainer. You don't... I mean, that is an awesome combination. And she oversees a ministry in our church called body and soul.

Now body and soul is international, all over the world. Ok, we just have a kind of a chapter it here in our church. So I am going to ask Liz to talk to us about exercise.

Ok, number one, Liz, tell us why. Why should we exercise?

Dr. Liz Baroni:

I think that it is a great question and I think everybody in this room is very, very smart and they knew before we did in the medical community how important exercise is with regards to helping with weight loss, helping with many, many diseases and then it took a while for the medical literature to catch up to you all folks who are so smart to show that it reduces the tendency to get a heart attack, death from a heart attack, various cancers. It helps with mental health, addictions. And pastor Steve talks about that just in his sermon as well. So many, many benefits. But, you know, the surgeon general, the new surgeon general even last year she was saying that we should exercise and pay attention to healthy lifestyles not just to lower our weight and for being light. That used to be our old goal, but the new paradigm is for over all health. You know, just to kind of paraphrase here, we should exercise and eat better and do stress management so we could have a joy filled life. She didn't attribute it to you God, but that is right. You know, come in here and you hear it just in losing some weight. You get that and that is how you have a joy filled life to have that spiritual component, too.

But doing all those things we should be aiming for fitness not fatness. So you all, I applaud all of you who have ever done losing to live in the past and who are continuing to do it or if you are thinking about doing it, do it. Just do it.

Steve Reynolds:

Very good.

Ok, so I hear you sitting there saying what I struggled with. I just don't have the time. Where am I going to find the time? I am a busy person. How can I do this?

Well, I would like to ask Dr. Liz. Here she is. She is a, more importantly, a child of God, ok, and that takes some time. She is a wife. She is a mother, you know. And she is a physician on top of that. I would say that is a pretty busy lifestyle, wouldn't you?

So tell us, I mean, how do we find time? How do you find time to exercise?

Dr. Liz Baroni:

And you are right, you know, we get the same amount of time during the day, so the same amount of quantity of time. So writing down where we spend our time is a great place to start and then reapportioning where we spend that time. But, you know, some things that I was just thinking about things that I have done in the past. If I were to watch TV, which I don't have a lot of time to watch TV right now, but if I were to sit, you could sit in the chair. You could be expending some energy lifting a water bottle. You could be doing some leg lifts. You could be doing some seated planks. A lot of people... and somebody was just talking to me about I want to do some things for the center. You could do core strength training sitting in a chair leaning back and forth and doing some ab workouts. You could get up. If the surgeon general, the new guidelines basically say 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise per week, moderately brisk walking is at a 3.5 mile an hour pace. So if you could do the 5K and I would encourage you to make that a goal, if you could do the 5K in under an hour, like around 45 minutes that is a good pace of walking.

But even just doing... we talk about functional exercise, doing housework or doing things around the house, using the stairs, carrying things up and down the stairs. That is all considered exercise, too. And you could do it in 10 minute increments three times a day. That is your 30 minutes getting that in five times a week.

But I would encourage you to wake up 15 minutes earlier. It won't kill you to not hit the snooze button. Wake up 15 minutes earlier. Go to bed 15 minutes later and you have your 30 minutes of exercise.

Steve Reynolds:

Good.

Ok, so the last thing we want to talk about is body and soul. This is one option and it is a great option. It is right here at our church and we are... I will just mention this. I mean, we... at least half our church drives 30 minutes to get here, ok? At least half, ok? But we

are kind of a regional church. And body and soul is actually in other places, too. And so you could go to their website and you could find a group if you live further out or further away. But right here at our church we offer it each week and this flier tells you about that and so, Liz, tell us about body and soul.

Dr. Liz Baroni:

Yes, so body and soul is international. So the great thing is most of the classes are here in northern Virginia and Maryland. You guys have a lot of access to body and soul. I would encourage you to look at it, because it is not just physical exercise. We do exercise. That is one of the main things, but in terms of priority, what we do is spiritual exercise, too. Come and see me at the table because each session about every three months the session theme changes and our session theme starting off at the beginning of this year is called all in. Be all in. Be whole hearted for God. So it speaks to your heart. It speaks to your mind. It encourages you in your spiritual walk and I know there is many folks who have been in here in body and soul and there are some sitting in the back. And we pray for each other. It is a small group with exercise. Ladies, it is like a women's retreat, you know, every week, but then when guys come in we kind of... we do things for coed, too. So it is strength training. It is cardio. It is kick boxing. It is... we have even a class on Saturday that is new that come and talk to me about it. Evening classes, too.

Steve Reynolds:

All right. Thank you, Liz. All right.

Number two, set a goal. Managing your habits involves setting a goal. Your goal is a statement of faith in God and a vision for a healthier future.

So when I started out I wrote out a goal and I said I want to lose 100 pounds. That was my goal. It was a statement of faith. It was a vision for a healthier future.

Mark 11 Jesus said, "Say to that mountain, be removed and it shall be removed."

And then write out your goal. Write it out and post it where you will see it every day. That is important to keep it in front of you. The best way to do this is just you simply use little post it notes and put it where you will see them. Put one on the mirror. There you are, you know, shaving or drying your hair or whatever, you know, you are looking at your body saying, "I want to do something about this."

Well, look up there at your goal. Put it at work. When they start bringing all those candies and cookies and all that stuff, I mean, you have got your goal right there on the top of your computer. It reminds you what you are about. You know, put it under your refrigerator so when you open up that refrigerator door you are reminded, you know, what you want more than anything else is to... to meet this goal.

Habakkuk 2:2 says, "Write it so you can read it when you write when you are going through life."

Make sure your goal is specific. Make sure it is achievable, an achievable goal, something that is something that you are capable. You are not going to lose 100 pounds in losing weight loss competition. It is just got going to happen, you know? It has got to be achievable. Make sure it is measurable. Whatever that goal might be, make sure it is measurable.

Now healthy weight loss goal is about one to two pounds a week for long term weight loss. Now if you were like me weighing 340 pounds when you start out, first weeks you might lose five pounds, six weeks. It happens, but over time about one to two pounds for lasting weight loss is the way to go. You didn't get where you are overnight and you are not going to get where you need to go overnight either. Set a goal.

Number three. Daniel set a goal, verses nine through 12. His goal was for 10 days I want to drink water and eat vegetables. That was his goal. Set a goal.

Number three, develop a plan. After setting that goal he says, "Here is the plan. You come check us out after 10 days." That was the plan.

So you need to choose a plan that is best for you. And this is so important. Three things make Bod4God unique and one of those is it has got to be personal. The one size fits all programs do not work. Over time, you know, I thank God. I am so thankful for Rick Warren. That man can get more accomplished in an hour for helping Christians than I can in a lifetime. I am so thankful he has got some focus on this. I am so grateful. But I am telling you he is... what he has grown is this Daniel plan of eating and I think it is great for health. I mean, Daniel plan is right here. Ok, that is kind of what he is really promoting. And it is wonderful for health. It is wonderful for a lot of things. But it is not a lifestyle plan for most of us. Most of us are not going to drink water and eat vegetables the rest of our lives.

So the point is this. I am telling you. Almost all those people are going to eventually go back to their regular deal and they are going to regain that weight. I would much rather have somebody in a lose and lift competition lose three pounds and keep it off using this method of developing a lifestyle plan than somebody losing 25 pounds on the soup diet, ok? Choose a plan that is best for you. That is the eating less and better and exercising more plan. And work it.

How do you do that? Well, talk to God. Talk to God about it. If you lack wisdom, ask him. Talk to others. And then, number four on the back. Follow a routine. I love verse number 14. Ok? After coming up with this plan they did it.

See, it is one thing to come up with a plan and another thing to do it right. But if you are going to make it a habit in your life, you have got to follow a routine. And they tell us it

takes a minimum of 21 days, I actually did some research on this this week for the new book I am writing for men. It takes 21... studies show that it takes 21 days to kind of begin to form a habit and it takes about 66 days to really make it a routine, to really make it a regular part of your life. So somewhere between 21 and 66 days you are going to have to do something to make it a part of your life.

Think about the law of sowing and reaping in relationship to your health. I mentioned this in an earlier message. You have got to think about this routine as I am now sowing a new life. And the Bible says you reap whatever you sow. Again, I sowed to the flesh, I reaped diabetes. I sowed to the flesh, I reaped high cholesterol. I sowed to the flesh, I reaped high blood pressure. I shouldn't have been surprised. I had no right to even ask God to heal me, because he was saying, "You are too fat."

Hey, do you see that? You know, eat less and exercise more, ok, and I will heal you.

And I started sowing to the spirit and guess what? When I surrendered my fork to God I don't have those health problems anymore, because I began sowing to the spirit. What are you sowing to in your life?

Wow. Think about it like that. Repetition will train your body to form new habits and crave new things. I mentioned that earlier. You start out. It is such a sacrifice. Oh, wow. This is unbelievable. And before long you are craving the good stuff and before long your body actually rejects bad stuff. It actually rejects it if you get to that point.

I mean, think about John the Baptist. Mark 1:6 says he ate locusts and wild honey. I think I mentioned this earlier in the message. I don't think I gave you the reference. There it is, Mark 1:6. John the Baptist ate locusts and wild honey. He wasn't weird. He trained his taste buds. He would think eating ice cream every night is really weird. He would be going, "That is gross. You actually put ice cream in your body every single night? You are really strange."

Locusts and wild honey he would say is much better. I like it a lot more. Repetition.

And then, lastly, celebrate your victory. What you eat in private you wear in public. I mean, the test was done, it was over. And guess what happened? You say wow. You all that were drinking the water and eating the vegetables, you are more healthy than those that actually ate the king's portion. Why? Because what you eat in private you wear in public.

The Bible says in Proverbs 11:18, "The wicked man does deceptive work, but he who sows righteousness will have a sure reward."

Focus on progress, not perfection. Man, congratulate yourself. You actually took a swig of water. Man, that is unbelievable. You actually... you didn't put it in you mouth, but you actually bought some broccoli and smelled it one day. Congratulations. That is

awesome. I am serious. Congratulations. That is fantastic. I mean, you actually tasted an apple. Man, way to go.

Celebrate every victory, honestly, celebrate it. Focus on progress, not perfection. Bod4God is really about living the life that God created you to live.

And I want to challenge you to make next steps two fold and, again, if your deal is outside of what my deal is, you can write down whatever you want to do, but for us that are struggling with gluttony and slothfulness, I want to challenge you today to make your next steps. I am going to eat less and with eating less I am going to eat better and, number two, I am going to exercise more, ok? Will you make that commitment today? Will you make that decision today? These are two incredible next steps when it comes to gluttony and slothfulness. And, again, if your deal is prescription drugs, marijuana, alcohol, tobacco, bitterness, fornicating, adultery, porn, whatever your deal is, ok, think about what can you do next.

Let's pray.

Father, we love you. We thank you for Word today. Thank you for speaking to us through the Word of God. Thank you for Daniel. What an awesome example he is to us. And, God, thank you that we can follow this model today. And, God, we pray, Lord, that you would do great and mighty things in our lives, that, God, we would see you move in our hearts and our lives. And, God, thank you so much in Jesus' name. Amen.

IV. FOLLOW A _____ (1:14)

- A. Think about the law of _____ and _____ in relationship to your health.

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

- B. _____ will train your body to perform new habits and crave new things.

"Now John was clothed with camel's hair and with a leather belt around his waist, and he ate locusts and wild honey."

Mark 1:6

V. CELEBRATE YOUR _____ (1:15-16)

- A. What you eat in _____, you wear in _____.

"The wicked man does deceptive work, But he who sows righteousness will have a sure reward." Proverbs 11:18

- B. Focus on _____, not _____.

"... forgetting those things which are behind and reaching forward to those things which are ahead," Phil. 3:13

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

Eat & Exercise: Managing Your Habits
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:** I Thessalonians 4:4 (Pew Bible/Pg. 209/New Test.)

Healthy _____ produce a healthy body.

HOW TO MANAGE YOUR HABITS

(Based on Daniel 1:8-16)

I. OBEY THE _____ (1:8)

“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

A. Eat _____.

Eat for your _____, not your happiness.

“7: For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills;

8: a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey;”

Deuteronomy 8:7-8

“And put a knife to your throat If you are a man given to appetite.” Proverbs 23:2

“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.” I Corinthians 10:31

B. Exercise _____.

Exercise means _____.

“Then the LORD God took the man and put him in the garden of Eden to tend and keep it.” Genesis 2:15

“therefore the LORD God sent him out of the garden of Eden to till the ground from which he was taken.”

Genesis 3:23

“7: But reject profane and old wives' fables, and exercise yourself toward godliness.

8: For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.” I Timothy 4:7-8

II. SET A _____ (1:9-12)

A. Your goal is a statement of _____ in God and a _____ for a healthier future.

“22: So Jesus answered and said to them, “Have faith in God.

23: For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.”

Mark 11:22-23

B. _____ out your goal and _____ it where you will see it everyday.

“Then the LORD answered me and said: “Write the vision And make it plain on tablets, That he may run who reads it.”

Habakkuk 2:2

Make sure your goal is: **S** _____

A _____

M _____

Note: A healthy weight loss is 1-2 pounds per week.

III. DEVELOP A _____ (1:12-13)

A. Choose a plan that is best for _____.

“in everything give thanks; for this is the will of God in Christ Jesus for you. “ I Thessalonians 5:18

B. Talk to _____ and _____.

“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.” James 1:5

“Without counsel, plans go awry, But in the multitude of counselors they are established.” Proverbs 15:22