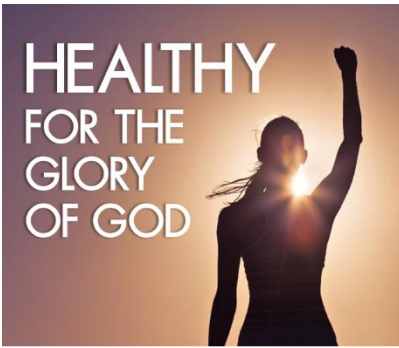


Healthy *for the* Glory of God



Your Body Belongs to _____

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 Bodies Are Not _____

Our _____ Are Not Ultimately Ours

Physical Fitness Is a Matter of _____, Not Vanity

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. — 1 Timothy 4:8

Physical _____ Has Value

Physical Training should not be our _____ goal

God Created the Physical World as _____

God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. — Genesis 1:31

Physical Fitness Serves Spiritual _____

God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. — Genesis 1:31

_____ Is a Christian Virtue

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not

last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. — 1 Corinthians 9:24–27

Training the Body _____ Self-Control

Neglect _____ Our Witness

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. — Hebrews 12:11

Strength for the Sake of _____

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ — Mark 12:30

Avoiding Two Ditches: _____ and _____

So whether you eat or drink or whatever you do, do it all for the glory of God. — 1 Corinthians 10:31

A _____ to Faithful Stewardship

“His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’ — Matthew 25:21

Strong to _____, Healthy to _____

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. — 1 Thessalonians 5:23