

RESTORING BALANCE TO OVERLOADED LIVES

Enjoying God's Reign by Releasing Heavy Loads

RESOLVING TO SLOW DOWN

Defusing the Effects of a Hurried Lifestyle

(April 26th)

REBUILDING MARGINS INTO YOUR LIFE

Benefiting from Adding Margin into Your Life

(May 3rd)

REFILLING YOUR EMOTIONAL RESERVIOR

Writing Biblical Prescriptions for Depleted Emotional Resources

(May 10th)

RENOUNCING LIES THAT KEEP YOU BUSY

Telling Yourself the Truth About Overdoing It

(May 17th)

FLAG OF MY FATHER

A Memorial Day Message and Choir Cantata *(May 24th)*

REFOCUSING YOUR LIFE

Discovering Pentecost's Purpose to Restoring Margins

(May 31st)

REWORKING YOUR WORK

Making Your Work Work for You

(June 7th)

REFUELING YOUR SOUL

Being Filled with the Fullness of Christ's Love and Power

(June 14th)

RESPECTING YOUR BODY

Taking Good Care of God's Gift to You

(June 21st)

RESTORING BALANCE TO OVERLOADED LIVES

RESPECTING YOUR BODY

Taking Good Care of God's Gift to You

June 21, 2009

SW308

INTRODUCTION

A. Your Body is the _____ You've Got

B. Your Body is a _____ From God

Genesis 2:7

The Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

Psalms 139:13-14

For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made

C. Your Body is the _____ of God

In Your Bible:

I Corinthians 6:19-20

(Page 1132 in the Pew Bible)

Romans 12:1

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship.

I. BY WHAT YOU _____ YOUR BODY

Matthew 7:19b
Jesus declared **all foods** “clean”...

1 Corinthians 6:12
Everything is permissible for me—but **not everything is beneficial**.

II. BY HOW YOU _____ YOUR BODY

1 Timothy 4:8
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.

- Chose an exercise that you will enjoy enough to pursue consistently.
- Set a goal of how many times a week you are going to exercise and for how long.
- Schedule a consistent time for exercising that works best for you.

III. BY THE WAY YOU _____ YOUR BODY

1 Timothy 4:8
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.

Our Mission
The mission of Our Savior's is to prayerfully reach, restore, and release people to shine like stars in the darkness as we hold out the Word of Life.

CONCLUSION