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## **Preparing for a Good Year: Lose Weight**

- **Self-Discipline Is An Important Part Of Spiritual Life**

**Galatians 5:16-17** - *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. <sup>17</sup> The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.*

### **LOSING WEIGHT**

**Hebrews 12:1** - *Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.*

**1 Corinthians 9:25** - *All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.*

#### **1. Preparation.**

**Genesis 2:25** - *Now the man and his wife were both naked, but they felt no shame.*

**Genesis 3:7** - *At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.*

- **Getting In Shape Is Doing Away With Any Sin That Could Trip Us Up**
- #### **2. Exercise.**
- **Loving God And Loving Others**
- #### **3. Determination.**
- **We Run For Christ, Not Ourselves**

**Hebrews 12:11-13** - *No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.* <sup>12</sup> *So take a new grip with your tired hands and strengthen your weak knees.* <sup>13</sup> *Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong.*