

(2 Corinthians 5:17 TLB) When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!

Body of Death

(Romans 7:18-20) For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

(Romans 7:24-25) What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord!

√ It _____ me.

(1 Corinthians 6:12) 'Everything is permissible for me'—but not everything is beneficial. 'Everything is permissible for me'—but I will not be mastered by anything.

√ It _____ my witness.

(2 Corinthians 8:21) For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of men.

√ It _____ God.

(1 Corinthians 6:15) Do you not know that your bodies are members of Christ Himself? Shall I then take the members of Christ and unite them with a prostitute? Never!

New Fitness

(2 Timothy 2:20-21 KJV) But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honor, and some to dishonor. If a man therefore purge himself from these, he shall be a vessel unto honor, sanctified, and fit for the master's use, and prepared unto every good work.

(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.

1. Am I _____ daily?

(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.

2. Am I _____ weekly?

(Isaiah 58:13-14) "If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken.

3. Am I _____ purposefully?

(1 Corinthians 9:24-27) 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.

4. Am I _____ fully?

(1 Corinthians 6:19-20) 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.

21 Days of Prayer January 4-24

Prayer services — Monday - Friday 7:00 — 8:00 am
Saturday 10:00 — 11:00 am

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(Romans 7:24-25) What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord!

√ It destroys me.

(1 Corinthians 6:12) ‘Everything is permissible for me’—but not everything is beneficial. ‘Everything is permissible for me’—but I will not be mastered by anything.

√ It dilutes my witness.

(2 Corinthians 8:21) For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of men.

√ It dishonors God.

(1 Corinthians 6:15) Do you not know that your bodies are members of Christ Himself? Shall I then take the members of Christ and unite them with a prostitute? Never!

New Fitness

(2 Timothy 2:20-21 KJV) But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honor, and some to dishonor. If a man therefore purge himself from these, he shall be a vessel unto honor, sanctified, and fit for the master’s use, and prepared unto every good work.

(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.

1. Am I offering daily?

(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.

2. Am I withdrawing weekly?

(Isaiah 58:13-14) “If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the LORD has spoken.

3. Am I living purposefully?

(1 Corinthians 9:24-27) 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.

4. Am I honoring fully?

(1 Corinthians 6:19-20) 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.

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