

GoDeeper



CONTINUE THE CONVERSATION WITH YOUR SMALL GROUP, FAMILY, OR IN YOUR PERSONAL BIBLE STUDY TIME.

Re-Entry | Health and Fitness | Pastor Lance Courtney | 06.07.2020
Replay message at: <http://www.northpointeFL.org/messages>

Memory Verse: Romans 12:1-2

"12 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

This week Pastor Lance continued the discussion Pastor Steve began with the Re-Entry series saying "You can hold onto what you've gained during this time or you can let it go". We have all gained something during this time either physically (weight), emotionally/mentally, or spiritually. Now, we have a choice: hold onto it or let it go. Pastor Lance reminded us, this journey begins in our minds and it is up to us to make the decision to begin to make a change within ourselves. He is ready to encourage us and shared his journey and challenges he faced to help strengthen our own journeys.

- What did you gain during this time?
 - Is there something you gained you should hold onto?
 - Is there something you gained you need to let go?
- Are you ready to make a change?
- Who has been an encouragement to you in the past?
- Who currently encourages you or what gives you encouragement? (Either intentionally or unintentionally)
- Who are you encouraging?
 - Who could you start encouraging?

1 Corinthians 6:19-20 tells us that we have a responsibility to take care of our body: "19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body."

- What do YOU do to take care of your body (mental, physical, spiritual)?
- What are some other ways you, or someone, could take care of themselves?
- What will you start doing to ensure you are caring for your body the way God intended?

1 Corinthians 9:24-26-- "24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 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. 26 So I run with purpose in every step. I am not just shadowboxing."

Pastor Lance shared two things he started doing to make sure change began and this gave him a plan and accountability.

- What is your plan? Pastor Lance plans to move everyday...in what way can you move everyday in each category: physical, mental, and spiritual?
- He also has a way to hold himself accountable...how can you keep yourself accountable in your plan for change?
- He also shared three steps for success in living a healthy lifestyle: Dedication, Determination, and Resilience. He said we need to identify:
 - What is your goal/ What is your vision?
 - What is your why/ What is driving you?

Pastor Lance reminds us, Nehemiah knew there needed to be change and he sought God. We all have something we need to change. Like Nehemiah, we need to assess the damage, lean into God, and follow His plan for us and rebuild ourselves to better glorify Him. "You can hold onto what you've gained during this time or you can let it go."

1 Timothy 4:8--"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."