



FITNESS

2019

PHYSICALLY FIT

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1 Corinthians 6:19-20

Why We Fail in Fitness:

A. We base our goals on _____.

B. We depend on our will _____.

C. We try to do it _____.

1. God expects me to _____ my body.

2. My body is God's _____.

3. My body will be _____.

4. The Holy Spirit _____ in my body.

5. Jesus bought my _____ on the cross.

Medicine That Will Make You Healthy:

A. Worship is better than _____.

B. Confess _____.

C. Having _____ is good for health.