

Cross Training

“Getting Physical”

1 Cor. 6:19b-20; *“You are not your own; ²⁰you were bought at a price. Therefore honor God with your body.”*

What Do I Need to Do to Get Fit Physically?

1. I need to watch what I consume to protect my body.

- **Prov. 23:20-21:** *“Do not join those who drink too much wine or gorge themselves on meat, ²¹for drunkards and gluttons become poor, and drowsiness clothes them in rags.”*
- **1 Cor. 10:31:** *“So whether you eat or drink or whatever you do, do it all for the glory of God.”*

2. I need to work out routinely to condition my body.

- **1 Tim. 4:8a:** *“...physical training is of some value...”*
- **1 Cor. 9:27:** *“...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.”*

3. I need to wise up to stress management to refresh my body.

- **Mark 6:31:** *“...because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”*
- **Rom 12:1:** *“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.”*