

5. DEVELOP A GODLY _____.

“So God created man in His own image; in the image of God He created him; male and female He created them.”

– Genesis 1:27

“For You formed my inward parts; You covered me in my mother’s womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.” – Psalm 139:13-14

“Do not let your adornment be merely outward – arranging the hair, wearing gold, or putting on fine apparel – rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.” – 1 Peter 3:3-4

“But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.” – 1 Corinthians 9:27

MY NEXT STEP TODAY IS TO...

- Memorize 1 Corinthians 6:19-20.
- Pray and ask God to help me be more disciplined in my physical life.
- Develop a realistic plan for myself in the following area(s) – (circle):

Eating Healthy	Exercising
Honoring the Sabbath	Sexual Purity
- Take time this week to focus on developing a Godly self-image.

Next Week: **Breaking Thru in My Field**

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FROM BREAKDOWN TO

BREAKTHRU

BREAKING THRU IN MY FITNESS FROM BREAKDOWN TO BREAKTHRU #5

Sunday, July 12 - Tommy Duke, Interim Pastor

What BREAKTHRU Looks Like:
Experiencing God's best in my life by
giving Him complete control.

Memory Verse

“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.”

– 1 Corinthians 6:19-20

“And God both raised up the Lord and will also raise us up by His power.”

– 1 Corinthians 6:14

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**5 PHYSICAL DISCIPLINES TO EXPERIENCE
BREAKTHROUGH IN MY FITNESS:**

1. CONSIDER WHAT I _____.

“All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.” – 1 Corinthians 6:12

2. STAY _____ REGULARLY.

“The lazy man says, ‘There is a lion outside! I shall be slain in the streets!’” – Proverbs 22:13

3. TAKE TIME TO _____.

“And He said to them, ‘The Sabbath was made for man, and not man for the Sabbath.’” – Mark 2:27

4. COMMIT TO _____.

*“...Now the body is not for sexual immorality but for the Lord, and the Lord for the body.”
– 1 Corinthians 6:13*

*“Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.”
– 1 Corinthians 6:18*