



Strengthening My Physical Body for God

Sunday, January 12 | Tommy Duke
First Baptist Church of Garden City

“Jesus grew in wisdom and in stature and in favor with God and all the people.” – Luke 2:52

*“You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it.”
– Psalm 139:13-14*

3 TRUTHS ABOUT MY PHYSICAL BODY

1. MY BODY WAS CREATED _____ GOD AND _____ GOD.

*“For through him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can’t see... Everything was created through him and for him.”
– Colossians 1:16*

2. AS A CHRISTIAN, MY BODY IS THE _____.

Memory Verse:

“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, for God bought you with a high price. So you must honor God with your body.” – 1 Corinthians 6:19-20

3. I WILL HAVE A BODY IN _____.

“...Our earthly bodies are planted in the ground when we die, but they will be raised to live forever. Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength.” – 1 Corinthians 15:42-43

HOW TO STRENGTHEN MY PHYSICAL BODY FOR GOD

• ASSESS THE _____ HONESTLY.

“Because of the privilege and authority God has given me, I give each of you this warning: Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.” – Romans 12:3

- **BOLDLY _____ FOR MY PHYSICAL HEALTH.**

“I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” – 1 Corinthians 9:27

My #1 Physical Health Goal for 2025:

- **CHOOSE A _____ THAT CAN BECOME A _____.**

“You say, ‘I am allowed to do anything’ – but not everything is good for you. And even though ‘I am allowed to do anything,’ I must not become a slave to anything.” – 1 Corinthians 6:12

- **DEVELOP POSITIVE _____ AROUND ME.**

Two Questions to Ask:

- Does my current environment _____ or _____?
- Are the current people in my life _____ or _____?

“...bad company corrupts good character.” – 1 Corinthians 15:33

- **EXPECT _____ FOR _____!**

“And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.” – Philippians 1:6

“So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.” – Galatians 6:9

MY NEXT STEP TODAY IS TO:

- Memorize 1 Corinthians 6:19-20.
- Commit to care for my body as the temple of the Holy Spirit.
- RSVP for the FBC Membership Class coming up on Sunday, January 26 (12:15 - 2:45pm).
- Sign up to be Baptized at FBC on Sunday, February 9.
- Sign up for Spring Growth Group #: _____.

* Join us next Sunday, January 19, at 11:00am as we continue our new teaching series *Core 4: Strengthening the Foundations of My Faith*, with “Strengthening My Pursuit of Godly Wisdom.” It’s a great opportunity to invite your family, friends, and neighbors to attend with you!



Bible verses are from the New Living Translation (NLT) unless otherwise noted.

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