

## Reset Part 3: My Physical Health

*“May God himself, the God of peace, **sanctify** you through and through. May your whole **spirit, soul** and **body** be kept blameless at the coming of our Lord Jesus Christ.” 1 Thessalonians 5:23 NIV*

✓ **The number on a scale.**

✓ **The size of our clothing.**

✓ **The current cultural trend.**

✓ **The person next to you.**

God didn't ask you to be someone else. **He created you to be you.**

*“Before I shaped you in the womb, **I knew all about you.** Before you saw the light of day, **I had holy plans for you:** A prophet to the nations— that's what I had in mind for you.”  
Jeremiah 1:5 MSG*

Being **unhealthy** is hard; being **healthy** is hard. **Choose your hard.**

*“**Hard work always pays off;** mere talk puts no bread on the table.” Proverbs 14:23 MSG*

Our **body** is constantly changing, and **if left alone** it falls into disorder.

*“Whatever you do, **do well.** For when you go to the grave, there will be no work or planning or knowledge or wisdom.” Ecclesiastes 9:10 NLT*

### **1. Choose satisfaction in who God made you to be.**

*“For you created my inmost being; you knit me together in my mother's womb. I praise you because I am **fearfully** and **wonderfully** made; your works are wonderful, **I know that full well.**”  
Psalms 139:13-14 NIV*

*“For we are His **workmanship**, created in Christ Jesus for good **works**, which God prepared beforehand so that we would **walk** in them.” Ephesians 2:10 NASB1995*

## 2. Commit to a lifestyle of healthy habits.

*"**Exercise daily** in God—no spiritual flabbiness, please! **Workouts in the gymnasium are useful**, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart. This is why we've thrown ourselves into this venture so totally."*

1 Timothy 4:8-10 MSG

- ✓ Stop making **excuses**.
- ✓ Start **eating** real food daily.
- ✓ **Exercise** 3-5 times weekly.
- ✓ Release **energy** and **endorphins**.

## 3. Depend on God to set your goals.

*"You make known to me the **path of life**; you will fill me with joy in your presence, with eternal pleasures at your right hand." Psalms 16:11 NIV*

*"Your own ears will hear him. Right behind you a voice will say, "**This is the way you should go**," whether to the right or to the left." Isaiah 30:21 NLT*