

## Life Hacks Part 6: Fitness For A Full Life

A Life Hack is a **proverbial truth** that simplifies complicated issues.

*"My son, **pay attention to what I say**; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and **health to one's whole body**." Proverbs 4:20-22 NIV*

*"For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing... What a wretched man I am! Who will rescue me from this **body of death**? Thanks be to God--through Jesus Christ our Lord!" Romans 7:18-19, 24-25 NIV*

### ✓ You can **reject your body**.

*"I am guiltless; I do not take notice of myself; **I despise my life**." Job 9:21 NASB1995*

### ✓ You can **perfect your body**.

*"In their own eyes they **flatter themselves** too much to detect or hate their sin." Psalms 36:2 NIV*

### ✓ You can **neglect your body**.

*"Do you not know that **your bodies are temples** of the Holy Spirit, who is in you, whom you have received from God?" 1 Corinthians 6:19 NIV*

### ✓ You can **honor God with your body**.

*"In a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honor, and some to dishonor. If a man therefore purge himself from these, he shall be a **vessel unto honor**, sanctified, and **fit for the master's use**, and prepared unto every good work." 2 Timothy 2:20-21 KJV*

*"Above all else, guard your **heart**, for everything you do flows from it. Keep your **mouth** free of perversity; keep corrupt talk far from your lips. Let your **eyes** look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your **feet** and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil." Proverbs 4:23-27 NIV*

### 1. Set up a daily routine.

*"Teach us to **number our days**, that we may gain a heart of wisdom." Psalms 90:12 NIV*

### 2. Focus on a weekly goal.

*"If you keep your feet from breaking the **Sabbath** and from doing as you please on my holy day, if you call the **Sabbath** a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken." Isaiah 58:13-14 NIV*

### 3. Measure purposefully.

*"Run in such a way that you may win. Everyone who competes in the games **exercises self-control in all things**. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but **I discipline my body** and make it my slave, so that, after I have preached to others, I myself will not be disqualified." 1 Corinthians 9:24-27 NASB1995*

### 4. Grow spiritually.

*"For physical training is of some value, but **godliness has value for all things**, holding promise for both the present life and the life to come." 1 Timothy 4:8 NIV*