

## The Lord's Temple

### **Thesis**

Our \_\_\_\_\_ and \_\_\_\_\_ health are connected - we will grow more spiritually as we trust in God to deal with our unhealthy desire to live unhealthy lives.

### **What Should Our Aim Be?**

### **3 Requirements for Victory**

1.

2.

3.

### **Diet & Exercise**

Different methods work best for different people, but the \_\_\_\_\_ means aren't the hard part; the \_\_\_\_\_ means are!

## Scriptural Attack

### Isaiah 44:14-17

<sup>14</sup> He cuts down cedars, or he chooses a cypress tree or an oak and lets it grow strong among the trees of the forest. He plants a cedar and the rain nourishes it. <sup>15</sup> Then it becomes fuel for a man. He takes a part of it and warms himself; he kindles a fire and bakes bread. Also he makes a god and worships it; he makes it an idol and falls down before it. <sup>16</sup> Half of it he burns in the fire. Over the half he eats meat; he roasts it and is satisfied. Also he warms himself and says, "Aha, I am warm, I have seen the fire!" <sup>17</sup> And the rest of it he makes into a god, his idol, and falls down to it and worships it. He prays to it and says, "Deliver me, for you are my god!"

### 1 Corinthians 10:23, 31

<sup>23</sup> "All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up.

<sup>31</sup> So, whether you eat or drink, or whatever you do, do all to the glory of God.

### 1 Corinthians 6:19-20

<sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, <sup>20</sup> for you were bought with a price. So glorify God in your body.

- Romans 12:1

- Luke 16:10

### **Mental Implications**

1.

2.

3.

## Living in Victory

Easy to think the victory is \_\_\_\_\_.

The Bible says that \_\_\_\_\_ is victorious, and that we simply \_\_\_\_\_ in His victory!

### 1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

- Philippians 4:13

- Hebrews 4:15

## Wrapping Up

### **Suggested Reading**

Walking in Victory (Dennis McCallum)

The Daniel Plan (Rick Warren)

*DISCLAIMER:* I have not fully read the book, but what I've read through so far is pretty good!