



Lesson for Sunday, February 28, 2021

GETTING THROUGH WHAT YOU ARE GOING THROUGH:

Fitness for Life: Spiritually, Physically & Mentally

*"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you"
(I Corinthians 3:16)*

"What? now ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"

*"For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."
(I Corinthians 6:19-20)*

*And the very God of peace sanctify you wholly: and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."
(I Thessalonians 5:23)*

OUTLINE

Overview

Fitness: Being fit or suitable; morally fit; spiritually fit; emotionally fit;
Conformity with what is demanded by the circumstances; fitting together;
to do what is required.

Scriptures

Old Testament

New Testament

I Cor. 3:9
I Cor. 6:19-20
I Thess. 5:23
Phil. 3:13



Getting Through, What You Are... Going Through

"To every thing there is a season, and a time to every purpose under the heavens" Ecclesiastes 3:1

I: Spiritually Fit (to hear and render obedience)

Eph. 2:8-9
Eph. 2:4-6
Eph. 2:4-7
Romans 12:1-2

II. Mentally Fit (to process what has been heard)

Proverbs 4:23
Proverbs 14:30
Proverbs 23:7

Romans 12:2
St. Matt. 12:34
II Cor. 10:5

III. Physically/Behaviorally Fit (to behave based on what has been processed)

I Kings 21:23
II Kings 9:33-36
Proverbs 6:16-19

St. Mark 12:30
Romans 8:28
James 1:2
Phil. 1:6
Phil. 2:12-13
I Thess. 5:23-24
I Cor. 3:16
II Peter 1:10
II Peter 1:5-8
II Peter 1:11
II Cor. 5:20

*"But we have this **TREASURE** in earthen vessels that the excellency of the **POWER** may be of **GOD** and not of us."
II Corinthians 4:7*