

FIT IN BODY, MIND & SPIRIT 3: Focus & Friends

22 Jan 2017

1 Co 6:19-20 - Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.



Faith



Food



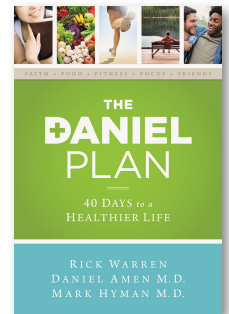
Fitness



Focus



Friends



Hebrews 11:1

Now faith is confidence in what we hope for and assurance about what we do not see.

1 Cor 10: 31

So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Tim 4:7-8

...train yourself to be godly. 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.

4. Focus

a. Think well

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- Develop mastery over the quality of your thoughts
- Wherever you are.... be there

b. Know your motivation

c. Stay thankful

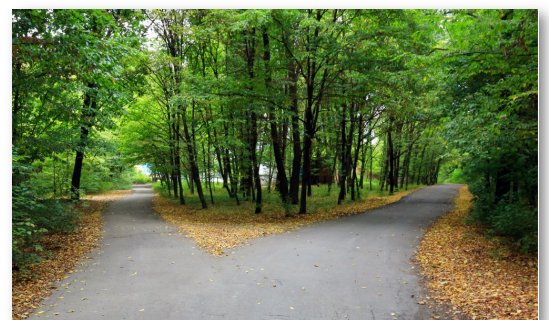
1 Thess 5: 16-18

Rejoice always, pray continually, give thanks in all circumstances;

d. Learn from failure

The fork in the road!

saboteur? Your brain. Your mental health is vital for your overall health. Negative thoughts, positive thoughts, or lack of thought can consume you. Depending on



5. Friends (the secret sauce)

Ecclesiastes 4:9-12

***Two are better than one,
because they have a good return for their labour:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.***

- We are made for community.
- We are made to encourage one another
- We are meant to work together.

A few practical suggestions to work this out:-

- Life group
- Study course (6 weeks)
- Exercise group
- Get together with a friend
- Community Allotment

connections are critical. When you are surrounded by people who have the same values, goals, and health habits, you are going to progress farther than you could on your own.



Winwin Wayfarers (Spring 2017)



☑ Meets Fortnightly on Saturday
🕒 10:30am
📍 Vineyard Centre
📅 Sign-up 01-Jan-2017 - 30-Apr-2017
📅 11-Feb-2016 → 30-Apr-2017

