

“Home Gym”

Family Re-Union Series

His Place WM

10/22/17

At the very core of who we are, we all want to be healthy and look good. Nobody wakes up each morning and says “I love being unhealthy and I’m glad I look and feel like an overweight middle-aged man!”

**Funny stories of my adventure of health*

This is what I feel like inside and would love to look like (*Show good picture*)

But this is usually the reality (*Show bad picture*)

Now I know our physical health is important...super important...but that is a sermon for another day...and for another person to be giving you that message.

But I want to talk to you today about something that is even more important than your physical health and physical looks...in fact its importance is even more important than physical life and death because it has to do with eternal purposes.

Your Spiritual Self...The Real You!

We live in a world that holds physical appearance, material possessions and especially body image as a primary goal for success and emotional well-being. ***The problem with that is that it is unbiblical and a chasing of the wind.***

Somewhere along the line we have exchanged the spiritual for the physical, ***we have forsaken the eternal for the temporal.***

“Don’t let your happiness depend on something you may lose.” C. S. Lewis

1 Peter 2:9-11 (ESV)

⁹ But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. ¹⁰ Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

¹¹ Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

1 John 2:15-16 (ESV)

¹⁵ Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶ For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

If you need to hear it from the Source Himself, here's what Jesus said:

Luke 8:14 (ESV)

¹⁴ And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature.

We are called to be world changers not world chasers

So why does this happen? Why is it that many people, and especially believers, live a world-chasing life? Why is it that many people could best describe their walk with the Lord as a rollercoaster? How is it that the harder we try sometimes to “follow the Lord” we end up doing just the opposite?

The answer Why? to those questions that I mentioned earlier is a lot simpler than you think! And the solution to it all is just as simple.

**(My story pre-divorce...my story over the past year)*

Our bodies have an appetite that reminds us to keep them alive by feeding them. Your body tells you to eat...it needs it. ***Just as your physical man needs to eat...your spirit man needs to eat!***

Matthew 4:4 (ESV)

⁴ But he answered, “It is written,
“Man shall not live by bread alone,
but by every word that comes from the mouth of God.”

And what are these words that come directly from the mouth of God?

2 Timothy 3:16-17 (ESV)

¹⁶ All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, ¹⁷ that the man of God may be complete, equipped for every good work.

**(Explain the spiritual gymnastics we go through to live right)*

I hate to be so simple today but this message is so powerful if we let it sink down to our very soul!

God is calling His people to stop living off every word that comes from the mouth of people and start living, breathing and eating off of every word that comes from the mouth of God.

***(Explain)**

Why is it that some Christians, although they hear many sermons, make but slow advances in the divine life? Because they neglect their closets, and do not thoughtfully meditate on God's Word. They love the wheat, but they do not grind it; they would have the corn, but they will not go forth into the fields to gather it; the fruit hangs upon the tree, but they will not pluck it; the water flows at their feet, but they will not stoop to drink it. From such folly deliver us, O Lord." -Charles H. Spurgeon

What is your cue to feed your spirit? **For our relationship with God to grow stronger, we must feed it. God's Word is that food. Just like a baby cries out for milk, a spirit made alive through faith in Christ has an appetite too.**

You have to choose to make feeding your spiritual self the top priority in your day.

Why Is God's Word So Important?

Scripture is Alive

There is something very unique about the Bible that cannot be experienced reading any other book. **Within the words of this Book is life, peace, joy, fulfillment, wisdom, strength, grace, mercy, knowledge and understanding.** Why? Because is the very words of God breathed out by Him. **It is alive and active!**

Hebrews 4:12, 13 (ESV)

¹² For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³ And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

"You Christians look after a document containing enough dynamite to blow all civilisation to pieces, turn the world upside down and bring peace to a battle-torn

planet. But you treat it as though it is nothing more than a piece of literature.”— Mahatma Gandhi

You have at your disposal the very words of God...let it live inside of you!

Scripture is Reliable

There’s more evidence that the Bible is a reliable source than there is for any other book from the ancient world.... I could talk about the Bible’s unity of sixty-six books written in different literary styles by perhaps forty different authors with diverse backgrounds over fifteen hundred years, ***and yet the Bible amazingly unfolds one continuous drama with one central message.***

That points to the existence of the divine God that the writers claimed inspired them. And there’s the Bible’s transforming-***from the beginning, it has renewed people; given them hope, courage, purpose, wisdom, guidance, and power; and formed an anchor for their lives.*** While early Islam was spread by the sword, early Christianity spread by the Spirit, even while Christians were being killed by Roman swords.

Proverbs 30:5 (ESV)

***⁵Every word of God proves true;
he is a shield to those who take refuge in him.***

Over the last 3500 years it has not only been the most loved book but also the most hated book in existence.

No book has ever suffered the persistent opposition that the Bible has, Roman emperors issued edicts ordering its annihilation. Untold thousands of Bibles have been burned and countless Christians have been executed for possessing a copy of it.

It has been rejected, corrupted and challenged. Its infallibility and authority have been attacked from every angle.

Despite all that, ***through the centuries the Bible has survived all these storms and triumphed over them to remain the most significant book in human history.*** Gods miraculous preservation of His Word is one of many proofs of its inspiration.

Isaiah 40:8 (ESV)

⁸The grass withers, the flower fades,
but the word of our God will stand forever.

Let me ask you a question: If a book even accurately predicted one future event you would look at that book with much curiosity?

If a book accurately and repeatedly predicts the future, it can safely be said that something special is going on, perhaps even something supernatural?

The Bible accurately foretells specific events-in detail-many years, sometimes centuries, before they occur. Approximately 2,500 prophecies appear in the pages of the Bible, about 2,000 of which already have been fulfilled to the letter—no errors.

The remaining 500 or less reach into the future and may be seen unfolding in the world in which we live in today.

The odds for all these prophecies having been fulfilled by chance without error is less than one in 10^{2000} (that is 1 with 2,000 zeros written after it)!

So What Does God's Word Do?

It Brings God's Designed Success and His True Favor

We are success chasers, wealth builders and power grabbers.

The problem with that is at best it's never enough and never fulfills, and at worst it may be completely opposite of God's design for His best for you.

(Prosperity Gospel vs. the Full Gospel)...Preach that to Mother Theresa, preach that in the jungles of Africa, preach that to the missionary giving their life for the full gospel, preach that to the woman who has given her life to share the love of Christ to the homeless in the urban jungles of Los Angeles. It doesn't fly because it's a false gospel!

The most fulfilled and Joy-filled people are those that have consumed the Word of God in their life and have learned to hear the Shepherd's voice and walk in His plan for their life.

But you can't even begin to know what that is if the Bible (God's Word) is not part of your life!

Isaiah 55:6-11 (ESV)

“Seek the Lord while he may be found;
call upon him while he is near;
7 let the wicked forsake his way,
and the unrighteous man his thoughts;
let him return to the Lord, that he may have compassion on him,
and to our God, for he will abundantly pardon.
8 For my thoughts are not your thoughts,
neither are your ways my ways, declares the Lord.
9 ***For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.***
10 “For as the rain and the snow come down from heaven
and do not return there but water the earth,
making it bring forth and sprout,
giving seed to the sower and bread to the eater,
11 ***so shall my word be that goes out from my mouth;
it shall not return to me empty,
but it shall accomplish that which I purpose,
and shall succeed in the thing for which I sent it.***

Joshua 1:7, 8 (ESV)

7 Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. 8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. ***For then you will make your way prosperous, and then you will have good success.***

Not only does God’s Word bring His designed success and favor, but here’s what else:

Scripture Feeds Our Souls

As I mentioned earlier, your spirit has to eat. ***If it’s alive it has to grub!*** When you fail to feed something...it dies! Duh!

Two Perfect Ways to Ensure Your Life Goes In The Toilet: ***Stop Going to Church and Stop Reading the Word!*** (But that last one even trumps the first)

Hebrews 5:11-14 (ESV)

¹¹ About this we have much to say, and it is hard to explain, since you have become dull of hearing. ¹² For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, ¹³ for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. ¹⁴ But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

We must daily and continually pick up God's Word and Feed Our Soul. Pick it up and Eat! (*Eating motion with spoon...for Dallas fans*)

Your Spirit Man is screaming "FEED ME!"

Scripture Equips Us

You can't do the battle of life without the right tools. You can't do this thing called life without being booted and suited up. This life isn't a rehearsal, you've only one got one shot. The only way to be equipped is through the Word.

The Word is the drills and exercises of a soldier who prepares himself for a battle.

We can never predict exactly which trials and troubles we'll face in the future. We often can't avoid the problems that come our way. But we can be ready for them. ***Just like soldiers must stay in a constant state of battle readiness, we can be ready for what comes our way through the time we spend in God's Word.***

2 Timothy 2:15 (ESV)

¹⁵ Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.

Scripture sets us free

Freedom. That's what the souls of so many across the world cry out for. The best version of freedom any nation has to offer might be security or basic civil liberties. ***But, Jesus offers a freedom that surpasses any freedom any nation could ever offer.***

Freedom from shame, fear, guilt, regret, bitterness, and even freedom from the eternal consequences of our own selfish choice to sin. Jesus offers us freedom from all of those things. But sometimes we sit in our shackles instead of walking in freedom.

John 8:31-32

³¹ So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, ³² and you will know the truth, and the truth will set you free.”

The Word of God always accomplishes its mission. It always produces fruit. It always flourishes and prospers where God sends it.

Just as God’s spoken words in Genesis carried the power to create the universe, His written Word also carries the power to create new life in the hearts of those who believe and live its truth.

Finally...

His Word Is Transformative

The law of the Lord is so comprehensive that it’s able to totally transform the inner person.

Psalm 19:7-11 (ESV)

⁷ The law of the Lord is perfect,
reviving the soul;
the testimony of the Lord is sure,
making wise the simple;
⁸ the precepts of the Lord are right,
rejoicing the heart;
the commandment of the Lord is pure,
enlightening the eyes;
⁹ the fear of the Lord is clean,
enduring forever;
the rules of the Lord are true,
and righteous altogether.
¹⁰ More to be desired are they than gold,
even much fine gold;
sweeter also than honey
and drippings of the honeycomb.
¹¹ Moreover, by them is your servant warned;
in keeping them there is great reward.

The word law means the Torah, “the law for life, rule for living.” When God’s Word is spoken of as law, it means the norm or the standard by which every action is measured. So whose law is it? ***The Bible is the law “of the Lord.”***

God says about His own Word that it's "**perfect.**" The word "*perfect*" means literally "all-sided" or "many-faceted." It means "all encompassing" or "thorough in every respect." In fact, this "**law of the Lord**" is so comprehensive that we are told that it is effective in "**converting the soul.**"

The Bible changes the lives of human beings. Drunks have been made sober; prostitutes have become pure and decent; thieves have been made honest and upright.

The Bible has lifted ignorant, superstitious savages from the depths of satanic bondage and transformed them into men of God. Cannibal tribes in far off Islands have been transformed into gentle peace-loving people.

Every page of the Bible speaks of Jesus Christ, our Saviour.

Christ is the center, the beginning, the end, the core, and the circumference of all the Scriptures.

Anyone who studies the Bible, and believes its contents and sincerely accepts the Christ that the Bible reveals—will experience a complete change of life. The Bible is the only Book in all the world whose teachings have the marvelous power to make bad people good, completely changing their characters.

Romans 1:16 (ESV)

¹⁶ For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek.

Close

**Precious Bible! What a treasure
Does the Word of God afford!
All I want for life or pleasure,
Food and Medicine, shield and sword;
Let the world account me poor—
Christ and this, I need no more.
- John Newton**