



SERIES: JANUARY – BECOMING SPIRITUALLY FIT

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Friday, 01/28/2022

Scripture: 1 Timothy 4:7-10

TITLE: The How-To for Success

In 1999 I wore size 42 jeans and weighed over 240 lbs. I know looking at my it's hard to believe, but it's true. Now everyone asks me, "how did you do it" especially at this time of year. How did I lose so much weight and keep it off for 22 years? You're probably hungry for the answer.

Well, the answer will surprise you. And it's actually found in 1 Timothy 4:7-10. Paul writes:

But have nothing to do with pointless and silly myths. Rather, train yourself in godliness. For the training of the body has limited benefit, but godliness is beneficial in every way since it holds promise for the present life and also for the life to come. This saying is trustworthy and deserves full acceptance. For this reason we labor and strive, because we have put our hope in the living God, who is the Savior of all people, especially of those who believe.

You are probably confused. How did I lose that weight and keep it off? I began to pursue spiritual fitness. Because a healthy soul drives health in all areas of life. Yes, of course, I ate better and became more active. Yes, I said no to things that were unhealthy and yes to things that were nutritious.

But I began to pursue spiritual fitness, as Paul talks about here. Paul said, train yourself in godliness, for this is beneficial in every way.

I can guarantee that if your finances are out of whack, you're struggling in spiritual fitness. If you're having a hard time managing your weight or staying away from pornography, your spiritual health is struggling. If your relationships are struggling, chances are that you are not becoming spiritually fit.

This is both the why of total health and the first step in how. You see, Paul really nailed it when he said, "For this reason we labor and strive. It's because our hope is in God alone."

When we destroy our finances, jeopardize our bodies, and endanger our relationships, it's because we don't trust God. We aren't putting our hope and life in God's hands. This never results in the life we desire, or God prescribes.

So here's my challenge for you today: Begin to discover where and why you don't trust God. You know your areas of struggle. So, where is there a disconnect between what God has said and what you believe?

When I began to get physically healthy, it flowed from a daily pursuit of spiritual fitness. So begin to uncover the disconnects and then begin to pursue spiritual fitness one day a time.

When you do, you will win the day.