

Restored

#1: How To Restore Your Physical Reserves

1. _____ about your body

Myth #1: _____ about what happens to my body

Truth: God has transformed my body

1 Corinthians 6:19-20 *Do you not know that your body is a temple 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 honor God with your body.*

Myth #2: My body will _____

Truth: God expects me to take care of my body

Ephesians 5:29 *No one hates his own body but feeds and cares for it, just as Christ cares for the church.*

2. Make caring for your body _____

a) Learn to _____

1 Timothy 5:23 *Don't drink only water. You ought to drink a little wine for the sake of your stomach because you are sick so often.*

b) Schedule time _____

Acts 13:31 *and for many days he was seen by those who had traveled with him from Galilee to Jerusalem.*

c) Schedule time _____

Exodus 20:8-11 *Remember that the Sabbath Day belongs to me. You have six days when you can do your work, but the seventh day of each week belongs to me, your God. No one is to work on that day...In six days I made the sky, the earth, the oceans, and everything in them, but on the seventh day I rested. That's why I made the Sabbath a special day that belongs to me.*

Divert daily / Recharge weekly / Abandon annually

Write your plan out

Make yourself accountable

c) Ask God to help

d) Deal with the underlying issues

Knowing God leads to self-control. 2 Peter 1:6 [NLT]

Ephesians 5:29 No one hates his own **body** but feeds and **cares** for it, just as Christ **cares** for the church.

Mark 12:30 And you must love the LORD your God with all your **heart**, all your soul, all your **mind**, and all your strength.'

Romans 14:10-12 *...we will all stand before God's judgment seat. It is written: " 'As surely as I live,' says the Lord, 'every knee will bow before me; every tongue will confess to God.' "So then, each of us will give an account of himself to God.*

1 Peter 4:3-5 *For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. ⁴They think it strange that you do not plunge with them into the same flood of dissipation, and they heap abuse on you. But they will have to give account to him who is ready to judge the living and the dead.*

Romans 12:1 *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God -- this is your spiritual act of worship. (NIV)*

Psalms 127:2 *In vain you rise early and stay up late, toiling for food to eat--for He grants sleep to those he loves. [NIV]*