

III. **START** MAKING CHANGES

Focus on **small** **steps** to life, not an extreme makeover.

A. Eat **less** and **better**.

“And put a knife to your throat If you are a man given to appetite.” Proverbs 23:2

*“7 For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills;
8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey;”*
Deuteronomy 8:7-8

B. Exercise **more** and **move**.

“Then the LORD God took the man and put him in the garden of Eden to tend and keep it.”
Genesis 2:15

“But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.” Isaiah 40:31

DEFINITION OF UNSTUCK

Moving forward in your life because you are willing to give God complete control.

UNSTUCK

Getting Unstuck In Your Fitness

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INTRODUCTION

A. Do you ever feel stuck in a rut with no way out? Ever find yourself wishing your day-to-day life could be different?

*“18 Do not remember the former things, Nor consider the things of old.
19 Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.”* Isaiah 43:18-19

Your present does not have to be your future.

B. In this series, you will you will learn how to get unstuck and move beyond mediocrity in these areas:

Jan 5	Getting Unstuck In Your Faith
TODAY	Getting Unstuck In Your Fitness
Jan 19	Getting Unstuck In Your Field (Job)
Jan 26	Getting Unstuck In Your Finances
Feb 2	Getting Unstuck In Your Future

You are not alone. We are here for you. Come and discover how to get Unstuck.

C. Text: Deuteronomy 34:5-7 (Pew Bible/Pg.213/Old Test.)

- Bod4God is about experiencing the abundant life that God desires for you.
- Bod4God is about creating your own healthy lifestyle plan that you will do gladly the rest of your life.

HOW TO GET UNSTUCK IN YOUR FITNESS

I. **SURRENDER** YOUR BODY TO GOD

Your body was made by God and **for** God.

A. Your body is not for **gratification** of self.

“24 Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

25 For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.”

Matthew 16:24-25

“18 For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ:

19 whose end is destruction, whose god is their belly, and whose glory is in their shame—who set their mind on earthly things.” **Philippians 3:18-19**

B. Your body is for the **glorification** of God.

“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”

I Corinthians 10:31

“19 For I know that this will turn out for my deliverance through your prayer and the supply of the Spirit of Jesus Christ,

20 according to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also Christ will be magnified in my body, whether by life or by death.

21 For to me, to live is Christ, and to die is gain.”

Philippians 1:19-21

II. **STOP** MAKING EXCUSES

The three most common excuses are:

- **Time**
- **Tired**
- **Taste**

A. Excuses **come** from focusing on the obstacles of a healthy lifestyle.

“Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Matthew 26:41

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

John 10:10

B. Excuses are **overcome** by focusing on the opportunity of a healthy lifestyle.

“19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” **I Corinthians 6:19-20**

“I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.”

Psalm 139:14