

Team Building Your Circle of Support

Bod4God

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Bible Text: Proverbs 27:17

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Welcome to Capital Baptist Church and welcome to our current teaching series entitled Bod4God: Four Keys to a Better Body. And today we are going to be talking about T is for team, building your circle of support. I am going to ask you to take your Bible and turn to Proverbs chapter 27 verse number 17. I also want to mention that in your program today is a study guide of our message. I would like to encourage you to take that out and use it. And if you are listening online today, I really want to welcome you and I thank you for taking the time out of your busy schedule to listen to this message and you, too, can get the study guide right there on our website.

Well, today we are going to talk about my favorite key. T is for team is my favorite key. And I learned that if I was going to deal with my sin of slothfulness and my sin of gluttony that I had to build a circle of support, that I couldn't do it alone and today I am going to talk to you about how you can do that, how can you build a circle of support to deal with your sin, to deal with your addiction. And so I am so glad you are here today.

I want to begin by reading Proverbs 27 verse 17. Here the Word of God says, "As iron sharpens iron, so a man sharpens the countenance of his friend."

I want to read that again and, really, Proverbs are these little pithy statements of wisdom and here is one of those statements of wisdom.

"As iron sharpens iron, so a man sharpens the countenance of his friend."

You see, this verse tells us that we impact one another, that when we get around people they sharpen us, that they have a huge impact on us. And if we are going to have a Bod4God we have got to learn how to get that working in our favor. We have got to get that working in a positive way in our lives because no matter who we are, the people around us are going to impact us. I mean, there is no such thing as people in your life that don't impact you in some way. The question is how. How do they impact you? Do they impact you in a positive way and sharpen you in a positive way? Or do they impact you in a negative way and sharpen you in a negative way?

Now that thing that really strikes me about this verse and early on when I saw this verse and I laid claim, so to speak with this verse and this promise here, the words that struck me was the word “countenance.” See, I wanted to find people in my life that could sharpen my countenance.

Now countenance is something you can see, right? See, I wanted to change my life and I realized that what I ate in private, I had to wear in public.

See, it affected my countenance. This Hebrew word is such an incredible word. It means looks. It actually means the face. You know, when you lose weight, one of the first places you see it is in your face. Did you know that? It means, listen, surface. It means, listen, the presence of the person, the way you present yourself as a person.

You see, we have to build people in our life that can impact us, that can sharpen us. And yes even sharpen us when it comes to our countenance. For example, when it comes to my sin issue of gluttony and slothfulness, I had to realize the people around me impacted me.

Time magazine picked up on a study that was done by the *New England Journal of Medicine*. That is some little small project, the *New England Journal of Medicine*. And here is the headline of this *Time* article, August 2, 2007, “How Friends Make You Fat.”

Now I am not going to tell you not to hang around with somebody, ok? That is not the purpose today. Well, I guess I might be, but, whatever. You know, how that friends make you fat.

Let me just read a little bit of this. Why were people so surprised when the *New England Journal of Medicine* reported that obesity is a contagion you catch from your friends? And it goes on to say, “Some friends cause hypertension, high blood pressure. Have you got any of those? Some cause drunkenness. And some, it is now confirmed, cause obesity or the opposite.”

The study concludes that skinny people, likewise, tend to make their friends skinny. And it goes on to talk about just the different people in your life and it says here, “Researchers say our risk of obesity increases, listen to this, 57 percent for overweight friends. The people in our lives impact us. That is why I say this. Don’t try to lose weight alone. Join a team of losers. Find people in your life. You know, don’t try to lose drunkenness, pornography, bitterness, tobacco, pot, whatever, you name it, don’t try to lose that alone. You have got to find a team of people that want to be losers in that area as well. You have got to find people in your life that can support you, people in your life that can help you. And that is what we are going to talk about today.

Let’s go to page two and let’s talk about this whole idea of building your circle of support.

Number one, you have got to understand, listen, the value of your team. Now this is so important, point number one. I am going to drill down on this quite a bit, because if you don't buy into point one, the rest of the message is going to do you absolutely no good. The only way this is really going to become a part of your life is you have got to value teamwork. You have got to value a team.

And the Bible teaches us the value of the team in Ecclesiastes 4:9-12. It says here, "Two are better than one."

Underline that. That is a biblical principle. Two are better than one. And then you will see there an expansion of that principle. It gives the principle and then it explains they why behind the principle. And now you will notice down below there, there is some blanks that are related to this text. So fill in the blanks as we go. Teamwork produces, number one, mutual success. Verse nine of Ecclesiastes four says, "Because they have a good reward of their labor."

Two are better than one because there is mutual success. They have a good rewards of their labor.

See, when you team up with people, you can experience a great reward in your life. I mean, why do you think Satan wants to isolate you? See, a lot of you today you are isolated. You are in your sin and nobody knows. There is people sitting here today addicted to pain medicine. It is probably one of they biggest addictions in the culture right now, ok? But nobody knows. Satan wants to isolate you. He wants to push you in the dark. He wants to isolate you. He wants to keep you in that condition.

If you are going to experience a good reward, you have got to be part of a team. You have got to come out of the closet, so to speak. You have to be willing to come and say, "You know what? I need help." It might be just that one trusted friend. But you go to somebody, because you want that good reward in your life.

Secondly, there is mutual support. It says in verse 10, "For if they fall, one will lift up his companion. But woe to him who is alone when he falls." This is such a sad statement here. "For he has no one to help him up."

See, when you try to do life alone, when you fall—and you will fall—you won't have anybody to help you up? There won't be anybody there to support you. That is why you need a team, because the team provides someone that can lift up his companions, someone that can lift you up, somebody that you can go to and share and say, "You know what? I am having a difficult time. You know, I am having a tough time. You know, I want to go and do what I shouldn't do and I am contacting you. I am calling you because I need you as a trusted friend right now. I am going to go to those meetings. I am going to take time to join with others that are struggling and I am going to get some support."

And then, thirdly, there is mutual strength. It goes on to say that two is great. Verse 12. "Two can withstand him, but listen, a three fold cord is not quickly broken."

There is strength in numbers is what it is saying. Two is great, for sure, but, man, three, a three fold cord, I mean, it cannot be quickly broken. I mean, the more you have on your team, the better, because the more people you have that is more people praying for you. That is more people that can speak wisdom into your life. The more people you have on your team the more counsel you can get, the more testimonies you can hear. The life change happens through the team. You get that mutual strength in your life. You get that mutual support in your life.

Now what keeps us from doing this? What is the number one thing that keeps us from being part of a team? Well, it is the spirit and that attitude that we can do it alone. And that spirit, that attitude is birthed out of one thing called pride. See, Satan is proud. He revolted against God. He said, "I will be like the most high." And Satan who was this awesome angel in heaven was in a sense booted out of heaven, you know? And now is God's adversary, because of his rebellion. He wants to put that spirit of rebellion in you, because he wants to steal from you. He wants to kill you and he wants to destroy you and one of the ways he is going to do that is to isolate you where you are pushed aside and where you are not willing to come forward. You are not willing to be open about your struggle.

See, pride goes before destruction and a haughty spirit before a fall. And one of the biggest culprits in this area a lot of times are guys, are men. We have the most trouble. You know, who usually calls me up when there is a marital problem? The wife. And, boy, does that cause some turmoil then, ok? What? You called him? We don't need him. We can settle this all by ourselves.

Yeah, right. You have been doing a good job, haven't you, fellow? Boy you are really something, aren't you?

That is guys. We like teams when it comes to sports. When it comes to life, we are not very good at teamwork, are we?

I mean, ladies are more natural. I mean, you... listen. Ladies even go to the bathroom as a team. Have you ever been out with a bunch of men and a bunch of ladies and a lady will stand up and say, "I am going to the bathroom. Does anybody want to go with me?"

I mean, when I walk in a men's room, the first thing I am wanting to know is anybody else in here, ok? Because there are some weirdoes in the men's room. Ok, but the point is, ok, that is first thing I want to know. If there is one other person I am going, "Oh, man, you know?"

We are just wired differently. You know, I will.... tonight I have 150, 200 people here [?] two thirds of them are going to be ladies and about a third are going to be men. Why? Aren't men overweight? Yeah. They are overweight. They are just not willing to connect the way ladies do. Guys, it is just pride is all it is. You know, you have a problem with porn. I mean, you can even use technology for porn. There is stuff these days where you

can give somebody access to every site you look at and they can check out where you are going on that internet. They can check out what sights you are looking at, ok? You can... you can have a team event hat way. But your own stinking pride will keep you from doing that. Pride goes before destruction and a haughty spirit... Do you have a haughty spirit? It goes before a fall.

There is lots of little acrostics for team. One of my favorite is this. Together everyone achieves more.

Understand the value of your team.

Number two, deal with the negative people on your team. Now when it comes to teamwork you have got to realize that some people on your team are negatively impacting your life. The Bible says in 1 Corinthians 15:33, "Do not be deceived. Evil company corrupts good habits."

Do not be deceived.

You say, "Oh, those people, they are not impacting me."

Well, that is going totally contrary to the Bible. The Bible says if you hang out with evil people, it is going to corrupt your good habits. Evil company corrupts good habits. So the point is this. You have got to be willing to deal with the negative people on your team.

For example, in my own life I had to actually start with my own mother. Now, you know, I live 180 miles from my mother so it is not like she is feeding me every day, but you know, you don't get to be 100 pounds in the first grade without somebody feeding you. I don't know if you realize that or not, ok? But I was 100 pounds in first grade.

So I had a mother who loves to express her love through food. She is a typical what I call southern momma. And that food usually included lots of grease and lots of sugar and lots of calories. And so when I decided that, you know, I am going to lose 100 pounds. I said I am... that is my goal. I am going to lose 100 pounds. I actually sat down with my mom. And I was pretty direct with her. I said, "Mom, you got diabetes. Do you see all you are dealing with diabetes? Papa, that is my grandfather, they call him papa. Papa died of diabetes. I don't want to have diabetes. And I understand that it is very possible that I will lose weight, I can lose the diabetes. It doesn't happen all the time, but my grandfather, for example, going back to him, skinny, muscular farmer, never overweight. So it is definitely my family tree, my genes or whatever. But I was just sitting here thinking, you know, if I can get rid of this by losing weight, man, I am going to do it." I said, "Mom, something is going to change. It has got to change, you know? I am going to do things differently."

And I am telling you. I went toe to toe with my mom and I said, "Mom, you know, it is going to be different. It is going to be different." And, thank God, God worked in her life

and today she has lost lots of weight herself. And every Wednesday night at Thomas Road Baptist Church in Lynchburg, Virginia Alfred and Betsy Reynolds are sitting down with a team in losing to live at their church. I had to go to my own mom and say, "Mom, I need you on my team, you know? I need you on my team in a positive way."

I mean, you might have to go to somebody that is very, very close to you and talk about this stuff.

In Genesis 39 we see an example of how to do this. Let me give you the background. Here is the story of Joseph. Now Joseph worked for a man named Potiphar and Potiphar he was an officer of Pharaoh. And his job was pretty much to run the guy's household, to kind of manage his affairs. That was his job. And in the midst of doing his job, he faces a temptation of sexuality, a sexual temptation. This guy's wife, Potiphar's wife actually makes a move towards Joseph.

Now I want to just stop and say this, that the biggest place where adultery and fornication starts in our culture in the workplace. You have got to be really careful in the workplace. And it makes a lot of sense to me that it would be that way, because when you go to work, you look your best. I mean, I have told you. Look, I look nice, don't I? I mean, I am really sharp. I mean just... I mean, I am a real guy wearing a pink shirt today, ok?

When I get home, you wouldn't believe what I put on, ok? I mean, I believe in wearing a t-shirt at least a month, whether it has got mustard or anything on it. Ok, I mean, you know, I just... you know, ok. And the more holes it has got in it, the better. I mean, saves on the air conditioning bill.

But the point is, I mean, you know, and I do my best. That is how we are, you know. We look our best, we act our best and then we go home. And hopefully we are, you know, working on that, too.

But the point is you have this common pressure. You are working on these projects together. You have common stresses. You are together a lot and you start talking and I am having a problem with my marriage and before long what do you have happen? Adultery. It happens every day. It is probably happening right here in the room right here. There is probably people sitting here right now involved in the stuff right now, ok?

You have got to be careful everywhere, but here is the work place and it is a very common area of sin in this way.

And so she actually says to Joseph, "Lie with me. Let's go to bed. Let's have sex."

And he refused. How did he handle that situation? Two things you have got to do. Number one, you have to confront. He went to her and he says, "Listen. Look." I love the word there. Circle that. Look... I had to say that to my mom, "Look, mom." You are going to have to say to that person, "Look. I am not going to go out getting drunk with you anymore. Look. I am going to stop this. I am going to change this."

He said, "Listen. Your husband trusts me with this whole household. I am not going to betray him in this way."

This is what Joseph does here. He is thinking wisely. He is not thinking, "Wow, you are a good looking."

The previous verse, verse six says that Joseph was a handsome guy, you know? Nobody is going to know. Nobody is going to find out. This would be nice. He could have started thinking like that, but he didn't start thinking like that. He said, "Look. Your husband trusted me to run this place. The last thing I am going to do is hop in bed with his wife."

Thinking correctly.

But the first thing to do is you have to confront. The second thing you might have to do is to avoid or to separate yourself. He kind of gave her a chance to stop and to change and she wouldn't do it. She kept on coming at him, you know? And eventually the Bible says he left his garment in her hand and fled and ran outside.

What is God telling you to run from today? What is God speaking to you about that you need to run from in your life? Confront it if necessary. There is a verse there, Matthew 18:15 for confront and if necessary avoid Psalm 1:1 talks about avoiding the ungodly, standing in the path of sinners, sitting in the seat of the scornful.

So for me I got to confront and avoid people who influence me to eat more and to exercise less. I have got to confront people in that way. I have to be willing to run from those situations.

I was so impressed this week, the news picked up on this story of this... I am not sure if I am pronouncing her name right, but [?], I think it is. But she was a Victorian secret model. She got picked out of 10,000 women in 2009. She got picked for that position and God began working on her, ok? And here is a woman who quit that position and here is what she said. She said, "I want to save my body for my husband and I want to honor God with my body. I want to save my body. I don't want all these mainly men looking at my body. I am going to save my body for my husband." And she says, "I want to honor God with my body."

She said this. She said, this is such a powerful statement. She talked here about how God was convicting her of this. But what is God convicting you about? See, she was willing to pay a huge price. You might have to pay a huge price. I don't know what I am asking you to do. I don't know. But here was a woman who walked away from a very lucrative income, I am sure, because she wanted honor God with her body.

What are you willing to flee from? What is God telling you? Who do you need to avoid? What negative people... because, you know what? I am telling you. I see it all the time as a pastor. It is amazing how negative people find each other. I don't know if it is an odor

they put off or I am not sure what it is, but it is crazy how they can just find each other. I don't understand it.

Number three, choose wise people for your team. You are the average of the five closest people to you. Who is your favorite five? You are the average of those five people.

And the Bible says in Proverbs 13:20, "He who walks with wise men will be wise."

You say, "I wish I was more wise." Well, walk with wise people, because if you have a companion of fools in your life, you are hanging out with a bunch of fools, you are going to be destroyed.

So you have got to decide who you are going to walk through life with. And I challenge you to choose wise people. Choose wise people for your team.

Now let's talk about that on the back of our notes, Exodus 17:8-13. I love this example. Here is a man, guys. His name is Moses. And he was a mighty man of God. He was a powerful man of God. And basically the Bible tells us how that Israel was fighting against Amalek and how that Moses went to the top of the hill to be in a visible place as the leader and the Bible tells us that as long as Moses could hold up his hands—this is a powerful picture here—as long as Moses could hold up his hands, Israel prevailed.

But guess what? When you hold up your hands, you know, you get tired, don't you? And the Bible says in verse 12, "Moses' hands became heavy." And so what does the Word of God say? The Word of God says that Aaron and Hur supported his hands, one on one side and the other on the other side. His hands were steady until the going down of the sun. So Joshua defeated Amalek and his people with the edge of the sword.

See, here was a man that was willing to humble himself and say, "You know what? I can't hold up my hands by myself."

We have to humble ourselves and we have to say, "You know what? I got a problem with gluttony. I have got a problem with slothfulness and I am going to come and sit down on Sunday night with a team of people and I am going to ask them to pray for me and I am going to pray for them and we are going to talk about this stuff and we are going to encourage each other and equip each other and do what we have to do, you know? It takes some humility.

But who are the wise people holding up your hands? Who are the wise people in your life that are coming alongside of you in life?

Well, when I first started this journey we didn't have a lose and live program. This came later on. But I right from the beginning I knew I had to have a team and so I actually got very particular about the type of people I was going to put on my team. And because I like words that start the same I came up with three E words. And I started looking of these people. The first type of person I started looking for was people that could educate

me. I decided I was going to be a lifelong learner when it came to health and wellness. And I started, you know, reading. I started researching and looking at things and to this day I spend about 15 to 30 minutes every single day reading something about health, reading something about wellness, reading something about weight loss, just to keep my mind renewed, just to keep my mind sharp.

If you have got a sin in you life, you need to learn everything you can about that sin. You need to know what those cigarettes are doing to you. You need to become very educated about those cigarettes. You need to know about nicotine. You need to know about the damage it is doing to your lungs. You need to know the impact it is having on your life. You need to get educated. You need to educate yourself about what it takes to overcome that sin, what it takes to overcome that addiction. You need to get smart in that area.

Number two, I found people that would encourage me. People that could educate you, these people tell you what to do. People that encourage you, these people tell you you can do it. I mean, we all need attaboy. Good. People that just can encourage us. We need people to come along side of us and can lift us up and encourage us in our journey. And the more people you can find that have gone through what you are going through, that are living in victory, man, those are some special people in your life, you know? Just that can come along side of you and help you.

I started making friend with people who have lost a lot of weight and I was looking for people that lost 100 pounds. I wanted to make them my friends. I wanted to get to know them, people that encouraged me.

And then, number three, people that can equip you. These people show you how to do it. You need to get people in your life that can kind of show you how to do it. For example, in my area I had to learn how to cook healthy, how to exercise properly. And I started building people in my life that could help me in these areas. You have got to choose some wise people.

And then, lastly, and this is the most important thing and we are winding it all down. And this is where we are going to land. You have got to ask God to be on your team. This is what it is all about having a Bod4God. You are never going to have a Bod4God without God being on your team. And really, ultimately what you are doing is you are getting on his team. Did you know that? You are really getting on his team.

See, the Bible says, listen to this. Proverbs 24:10, "If you faint in the day of adversity, your strength is small."

So you relapse. What do you need to look at? The first thing you need to look at is what strength you are relying on? Because if you faint in the day of adversity your strength is small. And so you need to get connected with God.

John 15:5 I love. It says, "I am the vine. You are the branches."

Isn't that an awesome word picture? He is the life giver. What happens when a branch gets disconnected from the vine? It withers up, doesn't it? It withers up. He is the vine. He is the life giver. We are just branches. You are a branch.

And listen. If you stay connected to the vine that means abide in me, that mean stay closely connected to me. He says, "I will be in you," all right?

And guess what? I love this. You can bear, what? Much fruit. Without me you can do nothing.

Today I want to encourage you to take some next steps. I want to encourage you to do three things as your next step. Number one, I want to encourage you today to ask God to be on your team. I want to encourage you that there has never been a time in your life when you asked Jesus Christ to be your Savior and your Lord. I am going to ask you to do that today.

Number two, I am going to ask you to deal with the negative people on your team. I am going to encourage you. Start with confronting, because it would be great if they would turn and repent and go on the journey with you. Wouldn't that be... that would be much better. That person you are supposed to be with right now, they would just walk away from it and give it up. That would be the best, you know? That would be great, you know? But you are going to have to deal with these people. And they are not willing to do that, you are going to have to separate yourself.

And, number three, I will choose wise people for my friends.

Would you take those as next steps?

Ladies and gentlemen, as we finish today, here is the deal. If you don't remember anything else, I want you to remember this, Bod4God is really about living the life that God created you to live. It is not about obesity. It is not about alcohol. It is not about bitterness. It is not about porn. It is not about any of that stuff we have talked about. It is about living the live that God designed for you to live. That is what it is all about. This here, you know, was keeping me... this is a five pond replica of fat. I still need to lose about four more of these, ok? This was keeping me from living the life I could live. Carrying around 340 pounds of high blood pressure, high cholesterol and diabetes, digging my grave with a knife, fork and an ice cream spoon, this is what ... it was about life. That is what it was about. It is not about your little cigarettes, you know, [?] the sucker on the end, amen, ok?

Don't forget that. It is not about that. It is not. It is not about... it is about living. Ok? It is about living. And do you know what Jesus said? Jesus said if you want to live, you have got to deny yourself.

See, the problem with addiction is it becomes like the norm for you. That is the problem with it. It is like that is your norm to be a bitter, angry, mean, negative person. That is

kind of your norm. That is kind of your normal life or whatever. You have got to get used to... you get these ruts in your mind. You get your ruts in this life. It is not easy to change, but you have got to deny yourself. You have got to take up the cross. Jesus had to take up the physical cross of dying for our sins. We are not the Savior. Our cross is not the cross like this. This was Jesus' cross. My cross was wellness. My cross was weight loss. I had to pick up that cross.

And Jesus said if I was willing to do that, take up the cross and follow him, that I could live. And, ladies and gentlemen, that is what I want for you more than anything else, that you live. And it doesn't really matter what I want too much. It is what God wants for you. He wants you to live. And that is why you ought to have a Bod4God.

Let's pray.

Father, we love you and we thank you for being a great and mighty God. Thank you, Lord, for your presence in this room today. Thank you for the way you have been working. God, thank you that you are taking this message to the world. And we praise you for that and we thank you for that, almighty God. And, Lord, we thank you, Lord, for this day.

With every head bowed and every eye closed, has there been that time in your life when you asked Jesus Christ to be on your team meaning specifically where you ask him to be your Savior and your Lord? If there has never been that time in your life, I want to encourage you to do that today.

The Bible says call on the Lord to be saved. I want to encourage you to call out to him and just pray something like this. "Dear God, I am a sinner in need of a Savior. I believe that Jesus died for me. I believe he rose from the grave to give me eternal life. Come into my heart, Jesus, and save me. I turn from my sin and I put my trust in you."

Today will you decide you are going to deal with the negative people in your life? Aren't you tired of being destroyed by the fools you are hanging out with? Will you make a decision today that you are going to find some wise people and you are going to go through life with those wise people? Will you humble yourself enough to know that you need people in your life and quit isolating yourself? Will you do that today?

Father, we love you and thank you for this time together in Jesus' name. Amen.

Let's stand and sing.

BOD 4 GOD

Team: Building Your Circle Of Support
Pastor Steve Reynolds

8 Now Amalek came and fought with Israel in Rephidim.
9 And Moses said to Joshua, "Choose us some men and go out, fight with Amalek. Tomorrow I will stand on the top of the hill with the rod of God in my hand."
10 So Joshua did as Moses said to him, and fought with Amalek. And Moses, Aaron, and Hur went up to the top of the hill.
11 And so it was, when Moses held up his hand, that Israel prevailed; and when he let down his hand, Amalek prevailed.
12 But Moses' hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun.
13 So Joshua defeated Amalek and his people with the edge of the sword."
Exodus 17:8-13

Select people that will:

- _____ you
- _____ you
- _____ you

IV. ASK _____ TO BE ON YOUR TEAM

"If you faint in the day of adversity, Your strength is small."
Proverbs 24:10

"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."
John 15:5

**Bod4God is really about living the life
that God created you to live!!**

"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

INTRODUCTION

A. Your body was created _____ God and _____ God.

For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him."
Colossians 1:16

The word "body" is mentioned _____ times in the Bible.

B. The purpose of this series is to help you achieve a Bod 4 God lifestyle. You will learn how to apply four biblical keys for a better body. The messages include:

- **Dedication:** Honoring God With Your Body
- **Inspiration:** Motivating Yourself For Change
- **Eat & Exercise:** Managing Your Habits
- **Team:** Building Your Circle Of Support

C. **TEXT:** Proverbs 27:17 (Pew Bible/Pg. 609/Old Testament)

Don't try to lose weight alone, join a _____ of losers!!

HOW TO BUILD YOUR CIRCLE OF SUPPORT

I. UNDERSTAND THE _____ OF YOUR TEAM

9 Two are better than one, Because they have a good reward for their labor.

10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.

11 Again, if two lie down together, they will keep warm; But how can one be warm alone?

12 Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.”

Ecclesiastes 4:9-12

Teamwork produces:

- Mutual _____
- Mutual _____
- Mutual _____

“Pride goes before destruction, And a haughty spirit before a fall.”
Proverbs 16:18

T_____ **E**_____ **A**_____ **M**_____!!

II. DEAL WITH THE _____ PEOPLE ON YOUR TEAM

“Do not be deceived: *Evil company corrupts good habits.*”
I Corinthians 15:33

“7 And it came to pass after these things that his master's wife cast longing eyes on Joseph, and she said, *“Lie with me.”*”

8 But he refused and said to his master's wife, *“Look, my master does not know what is with me in the house, and he has committed all that he has to my hand.*”

9 There is no one greater in this house than I, nor has he kept back anything from me but you, because you are his wife. How then can I do this great wickedness, and sin against God?”

10 So it was, as she spoke to Joseph day by day, that he did not heed her, to lie with her or to be with her.

11 But it happened about this time, when Joseph went into the house to do his work, and none of the men of the house was inside, 12 that she caught him by his garment, saying, *“Lie with me.”* But he left his garment in her hand, and fled and ran outside.”
Genesis 39:7-12

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.”
Matthew 18:15

“Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;”
Psalm 1:1

Confront and if necessary avoid people who influence you to:

- Eat _____
- Exercise _____

III. CHOOSE _____ PEOPLE FOR YOUR TEAM

You are the average of the _____ closest people to you.

He who walks with wise men will be wise, But the companion of fools will be destroyed.”
Proverbs 13:20