


INTERNAL OPERATION

#GOALS FOR PHYSICAL HEALTH

DISCIPLINE (THE VALUE OF PHYSICAL FITNESS)

Message by: Jeremy McGarity

Internal Operation, Part 2 | June 9-10, 2018 | 

WHAT IT TAKES TO BE PHYSICALLY FIT

1. I must want to get healthy

1 Corinthians 9:24, Psalm 35:27, Ephesians 3:20

- *Ask: What do I want most in life?*

2. It takes focus

1 Corinthians 9:26



- Set some goals

Proverbs 17:24

- You will go through life guided by either priorities or pressures

Philippians 3:13-14

- **Ask: What are my health goals?**

3. It takes discipline

1 Corinthians 9:25

Compete:

Gk: ἀγωνίζομαι :agonizomai = Agonize

- **Ask: Am I willing to pay the price?**



4. It takes **determination**

1 Corinthians 9:27, Philippians 3:14

- Key: Eliminate Distractions

Hebrews 12:1-3

- **Ask: What distractions are holding me back?**

2 Timothy 4:7, 1 Corinthians 9:25, Psalm 60:12



HEALTH MINISTRY

on your campus

Move it, Move it!

Check out the "Health Ministry" table next to the Chapel this weekend!

