

Fresh Start

Week 2: A Fresh Start For Your Physical Life

Weekly Summary: “I believe in God the Father Almighty, maker of heaven and earth.” Billions of Christians have confessed these famous words, admitting that God is the creator and we are part of his creation. Yet many Christians forget this truth when it comes to their own bodies, ignoring the Creator’s guidelines as they overwork, overeat, and underestimate the necessity of rest. This message takes us back to the beginning, to physical life as God intended, and reminds us of the Father who gave us life and wants only what is best for his kids. In addition, it reminds us of the “image of God” that we have through Jesus, a spiritual reality that gives even our bodies peace and rest.

- ◆ Proverbs 23:20-21 - Do not join those who drink too much wine or gorge themselves on meat, 21 for drunkards and gluttons become poor, and drowsiness clothes them in rags.

- ◆ Genesis 1:27 - So God created mankind in his own image, in the image of God he created them; male and female he created them.

- ◆ You were created.



◆ 3 Spiritual Enemies to Your Physical Health:

1. The **Flesh**.
2. The **World**.
3. The **Devil**.

◆ Genesis 1:27 - So God created mankind in his own image, in the image of God he created them; male and female he created them.

◆ You were (re)created **in God's image**.

◆ Ephesians 4:21-24 - When you heard about Christ...You were taught...to put on the new self, created to be like God in true righteousness and holiness.

◆ Therefore, you can **rule** and **rest**.

Points to Ponder

1. In the past, what connections have you seen between your physical fitness and your spiritual life? How did today's message adjust your view of your body?
2. Study Deuteronomy 5:12-15. How was God's salvation the key to resting from hard labor? How does Jesus' salvation of our souls save us from "needing" to work 24/7?
3. Name one change you would like to make in your physical life. Share that goal with another Christian who can remind you who you are because of Jesus.

Homework For Next Week: Matthew 6:19-33

“The best news of the Christian gospel is that the supremely glorious Creator of the universe has acted in Jesus Christ's death and resurrection to remove every obstacle between us and himself so that we may find everlasting joy in seeing and savoring his infinite beauty.”

~ John Piper