

## VIII. FIND A **PARTNER**

*“As iron sharpens iron, So a man sharpens the countenance of his friend.”* Proverbs 27:17

Join a team of exercisers.

## IX. REMEMBER THE **BENEFITS**

*“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

There are at least fifty good reasons to exercise.

## X. START THE **RIGHT** WAY

*“13 Come now, you who say, “Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit”;*

*14 whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away.”* James 4:13-14

How should you start?

- Start **now**.
- Start **slowly**.
- Be **consistent**.
- Try different **forms** of exercise.

### **Challenge #3: Exercise 150 Minutes Per Week**

*“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,”* Eph. 3:20

## **100 DAY CHALLENGE**

**How To Exercise**  
**Pastor Steve Reynolds**

### **INTRODUCTION**

**A.** Welcome to 2020! It’s a new year and a new decade. It’s also a new opportunity to grow spiritually. Once we have received Christ Jesus the Lord we are then to grow in Him.

*“6 As you therefore have received Christ Jesus the Lord, so walk in Him,  
7 rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.”*

Colossians 2:6-7

The purpose of our church is to lead people in a growing relationship with Jesus. In order to further our purpose and get off to a fast start in 2020 we are going to do a 100 Day Challenge.

**B.** The 100 Day Challenge teaching series will provide you with the inspiration and information you need to accomplish five big challenges between now and the Monday after Easter. The messages include:

Jan 5	How To Read The Bible
Jan 12	How To Overcome Sin
TODAY	How To Exercise
Jan 26	How To Be A Difference Maker
Feb 2	How To Be A Multi-Generational Church

**C. TEXT:** Isaiah 40:28-31 (Pew Bible/Page 705/Old Testament)

## HOW TO EXERCISE

### I. QUIT MAKING **EXCUSES**

*“For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.”*  
I Timothy 4:8

You can have excuses or results, but you can't have both.

### II. FEAR THE **CONSEQUENCES** OF NOT EXERCISING

*“7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.  
8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.”*  
Galatians 6:7-8

You were made to move. If you don't move it, you will lose it.

### III. RELY ON **GOD**

*“I can do all things through Christ who strengthens me.”*  
Philippians 4:13

Ask God to be your personal trainer.

### IV. DEFINE EXERCISE AS **MOVEMENT**

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

You exercise every time you move your body.

### V. MAKE A **PLAN**

*“But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.”*  
I Corinthians 9:27

- What **time** will you exercise?
- What **technique**(s) will you use to exercise?

### VI. **WALK** FOR YOUR HEALTH

Jesus walked many miles in His life.

- Walking is the best form of exercise and your goal should be at least **10,000** steps a day.
- One study revealed these potential results of walking 10,000 steps a day:
  - 90%** reduction in heart attacks.      **70%** reduction risk of cancer.
  - 50%** reduction of diabetes.              **70%** reduction of strokes.

### VII. LIMIT **SCREEN** TIME

*“But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.”*  
Romans 13:14

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