

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....” John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



MISSIONARY OF THE WEEK
Alan & Sabrina Davis | New York



PRAY

- Pray for Salina, a lady who Sabrina recently met. Salina’s son was recently murdered and she was in great distress. She saw her need to attend church but did not make a decision about her eternal destination.

- Frankie has been praying for his wife and family for some time. Recently he expressed that Ivette was having emotional problems. Sabrina connected with her and Ivette accepted Jesus as her personal Savior.

The
**NEW
YOU**



Handout: 01/07/24

Study Date: 01/14/24

The New You Physically

One of the first things I had to do to achieve a Bod4God was to refine my attitude. The Bible says, “As he thinks in his heart, so is he” (Proverbs 23:7). In others words, “Your attitude, not your aptitude, determines your altitude in life.” I had some unhealthy attitudes to work through before I could rise above my weight, and perhaps you do too.

Do you reject your body? Some of us look at our bodies and say, “God, you messed up when you made me.” Most overweight people suffer from low self-esteem. For some people it starts in childhood when they are presented with Ken and Barbie dolls. I decided that my girls were not going to have Barbie dolls. I didn’t want them to have an impossible-to-achieve shape as a model for what they should look like when grown. My son didn’t have Ken or G.I. Joe dolls either. When I grew up, I looked more like Mr. Potato Head or the Pillsbury Dough Boy.

With regard to your body, the most important thing to remember is that God gave it to you. And no matter how much you try to change it through weight loss or surgery or exercise, you are stuck with the basic framework you got when you were born. The best thing you can do is learn to love your body, treat it well, and realize that while it’s not perfect, it is the temple of God.

The key here is balance. We are to love and care for our bodies, but not make them idols that consume our thinking and our time. Remember, God says we are “fearfully and wonderfully made” (Psalm 139:14).

Resource: Pastor Steve Reynolds / Bod4God

KEY VERSE

Psalm 139: 13-14 (NKJV)

“For You formed my inward parts; You covered me in my mother’s womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.”

WEEKLY READINGS

Monday: Psalm 139:13-14

Introduction

1. In the first paragraph on page 1 Pastor Steve states that he had “some unhealthy attitudes to work through.” Do YOU have any?
2. How often do you give praise to God for the body, health and wellness He has bestowed upon YOU (ref: Psalm 139:13-14)?

Tuesday: I Corinthians 6:19-20; Galatians 6:7-8

Know The Truth About Your Body

3. In I Corinthians 6:20 “*how*” are we instructed to glorify God? How do YOU execute this in YOUR daily life?
4. What warning is Galatians 6:7-8 giving us? What is the message teaching us about sowing to our flesh versus sowing to the Spirit?

Wednesday: Matthew 26:41; 1 Corinthians 6:18

Guard Your Body From Temptation

5. What does I Corinthians 6:18 tell us about sexual immorality?
6. The spirit is willing but the flesh is weak according to Matthew 26:41. In what areas does this apply to YOU?

Thursday: I Corinthians 9:27; Romans 6:12-13

Discipline Your Body To Do The Right Thing

7. What is Paul telling us as believers to “practice” in I Corinthians 9:27? In the state you’re in now, would you be “*disqualified*”?
8. On a 1 to 10 (10 = very disciplined) scale, how disciplined is your body?
9. What does one’s lifestyle who is seeking to be an “instrument of righteousness to God” look like? What would their habits be?

Friday: Romans 12:1-2

Commit Your Body To God

10. Romans 12:1 calls believers to be a “living sacrifice” acceptable to God. How are you achieving this within YOUR lifestyle?
11. In what ways are you still “conforming to the world”? How *often* are you “renewing your mind” as Romans 12:2 call us to do?
12. What are 3 “New You Physical Goals” you would like to achieve for 2024?