

Fit:
Fit For Duty

Dr. Greg E. Gifford

- I. Identity in Fitness
 - A. What is “fitness”?
- II. A Fitness Crazed Culture
- III. Fitness Confused with Stewardship: “The Temple of the Holy Spirit”
 - A. 1 Corinthians 6:12-21
 - i. Context
 - ii. 1st Century Temples
 - iii. Sexual Purity as Stewardship
- IV. Discipline for Godliness (1 Tim. 4:7-8)

A. Paul's Anecdote of Exercise: "Beneficial in this Lifetime."

B. Discipline for Godliness

V. Fitness as My Identity

A. Questions to Consider:

- i. Do I feel guilty if I missed working out?
- ii. Do I feel guilty for eating unhealthy food?
- iii. Have I become judgmental of those who don't exercise/eat healthily?
- iv. Have I confused stewardship with fitness?
- v. Do I feel insecure if I don't have a muscular body shape?
- vi. Will I inconvenience others for the sake of my dietary preferences?
- vii. Am I unkind by refusing unhealthy snacks others have offered me?
- viii. Does my physical health get more attention than my spiritual health?

VI. Practical Steps to Reorient My Identity:

- A. I must clarify stewardship is not equated to physical fitness from a biblical perspective (1 Cor. 6:20). Thus, I could be overweight and be a good steward.

- B. God has created all things to be richly enjoyed as a means of worship to him—even brownies and rest days (1 Tim. 4:3).

- C. My spiritual health must always receive a higher prioritization than my physical health (1 Tim. 4:8).

- D. My fitness is an act of worship to God, not a means of looking a certain way. God has created me and I must rejoice in and give thanks for the body he has ordained for me (Ps. 100:3).

- E. Finally, I will not let me confidence be “in the flesh” but rather in Christ—even when I ‘feel’ healthy (Phil. 3:2-7).

VII. Conclusion:

- A. A Personal Anecdote and Admonition: “Bodybuilding as Spray Tan”