



Pastor Robbie Davis | Sunday, March 7, 2021

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**Ice Breaker: Do you exercise regularly?**

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## FAITH & FITNESS

1 Timothy 4:8

*For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*

1. THE HUMAN BODY IS A \_\_\_\_\_

1 Corinthians 6:19-20

*<sup>19</sup> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies.*

2. HOW LONG I LIVE IS IN IN \_\_\_\_\_ HANDS \_\_\_\_\_

Hebrews 9:27

*...people are destined to die once, and after that to face judgment*

“The length of our days is just  
as connected to our commitment to fitness & nutrition  
as it is to our faith.” - Pastor Robbie

3. WE ALL NEED STRENGTH FOR THE \_\_\_\_\_

Deuteronomy 33:25

*The bolts of your gates will be iron and bronze, and your strength will equal your days.*

“Physical strength wanes over time – but it can be renewed  
in measure in every season of life.” - Pastor Robbie

4. STRENGTH CAN BE \_\_\_\_\_

Isaiah 40:28-31

*<sup>28</sup> Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.*

*<sup>29</sup> He gives strength to the weary and increases the power of the weak. <sup>30</sup> Even youths grow tired and weary, and young men stumble and fall; <sup>31</sup> but those who hope in the Lord will renew their strength.*