

**TAKE AWAY: Jesus was physically fit.**

**I) Intro: What Did He Look Like?**

As Christians, we are commanded to imitate God (Eph 5:1). Jesus was God in the flesh (see Jn 1:1, 14) and if we are to imitate God in all ways (Matt 5:48; Eph 4:15), then we are inevitably confronted with having to consider Christ's conduct when it came to diet and exercise. Thus comes the question: What did He look like?

**II Jesus Was in \_\_\_\_\_**

While there aren't any pictures or measurements of Christ available, we can nevertheless determine that Jesus was in shape by virtue of the fact that His overall approach to eating would've been devoid of sinful excess and unlawful contaminants.

**A) His Diet**

**1) He Didn't Eat \_\_\_\_\_**

**This is a permanent statute throughout your generations, wherever you live: you must not eat any fat or any blood. (Lev 3:17 [HCSB])**

**2) He Didn't Eat Too Many \_\_\_\_\_**

**It is not good to eat too much honey or to seek glory after glory  
(Prov 25:27 [see also Mk 10:45 {HCSB}])**

**3) He Didn't Overeat**

The Bible frequently mentions overeating alongside those adjectives used to describe \_\_\_\_\_ and rebellious individuals.

**Now this was the iniquity of your sister Sodom: she and her daughters had pride, plenty of \_\_\_\_\_, and comfortable security, but didn't support the poor and needy. (Ez 16:49 [HCSB])**

**Don't associate with those who drink too much wine or with those who \_\_\_\_\_ themselves on meat. <sup>21</sup>For the drunkard and the glutton will become poor, and grogginess will clothe them in rags. (Prov 23:20-21 [HCSB])**

## Session One – What Did He Look Like? (Part I)

“Gluttony” is the word used to describe those who engage in habitual overeating. It is a form of greed and it requires a sinful, self – absorbed perspective in order to be present in a person’s life. Jesus’ attitude and overall approach was entirely God – centered and devoid of anything selfish or sinful. That being the case, gluttony would not have been an issue.

### C) His Exercise Routine

#### 1) Hard at Work

**“Isn’t this the \_\_\_\_\_, the son of Mary, and the brother of James, Joses, Judas, and Simon? And aren’t His sisters here with us?” So they were offended by Him. (Mk 6:3 [HCSB])**

#### 2) Walkin’ Man

**And He was preaching in the synagogues of Galilee.  
(Lk 4:44 [HCSB])**

Galilee is an area that’s roughly 50 X 30 miles. That’s \_\_\_\_\_ square miles and Jesus is walking wherever He goes.

The point is Jesus was active. That coupled with the culture in which He lived, His obligatory commitment to Jewish law, and the fact that He was a carpenter tells me that Jesus wasn’t carting around an excessive amount of body fat. And then of course, there’s the cross.

### D) The Cross

**Hematohidrosis (Luke 22:44) —→ Beaten (Matt 26:67-68) —→ Flogged (Matt 27:26)  
—→ Six Hours on the Cross (Mk 15:25; Luke 23:44-46)**

In order for Jesus to have endured the above collection of abuses and torture for as long as He did, He would’ve had to have been physically fit.

There’s absolutely no way that a physically deficient man could’ve withstood the beating and the flogging He endured without passing out or even dying prior to being hung on the cross. This is a Man that has toned quadriceps (thigh muscles) as a result of walking the 1,500 square miles of Galilee. He has the arms and shoulders of a carpenter and the body fat of a person who adheres to the dietary regulations and traditions of an orthodox Hebrew. He has strength, He has endurance - the Son of Man was physically fit.

All Scripture references are coming from the Holman Christian Standard Bible, Copyright © 1999, 2000, 2002, 2003 by Holman Bible Publishers. Reprinted and used by permission.