

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

**I) Intro**

Last week, we looked at how Jesus was physically fit based on His diet, His physical activity and His moral perfection in the context of not being guilty of overeating.

We pick it up this week by tracking the resolve to not overeat as being one of the Fruits of the Spirit: Self Control.

**II) Jesus was Self \_\_\_\_\_**

When it says in Hebrews 4:15 Jesus was tempted in every possible manner, we have to acknowledge the comprehensive nature of that statement. Granted, an extra helping of dessert pales in comparison to the desire to avoid the cross but it is a temptation nevertheless in that it has consequences. And if you're going to avoid the unhealthy results of overeating or a nominal amount of exercise then you're going to have to dispatch some kind of self-control.

**A) Prov 25:28**

**B) Gal 5:22-23**

**C) 1 Peter 5:8**

**III) Be Imitators of God**

We are commanded in Scripture to imitate God.

**Therefore, be imitators of \_\_\_\_\_, as dearly loved children. 2 And walk in love, as the Messiah also loved us and gave Himself for us, a sacrificial and fragrant offering to God.  
(Eph 5:1-2 [HCSB])**

Jesus was God in the flesh...

**In the beginning was the Word, and the Word was with God, and the Word was \_\_\_\_\_.  
(John 1:1 [HCSB])**

**The Father and I are one. (Jn 10:30 [HCSB])**

...so we must therefore imitate Jesus and we are to imitate Christ...

## Session Two – What Did He Look Like? (Part II)

**But speaking the truth in love, let us grow in \_\_\_\_\_ into Him who is the head—Christ. (Eph 4:15 [HCSB])**

...every way, which is going to include diet and exercise.

The word “holy” literally means moral or ethical wholeness. To be holy goes beyond just being “good,” it means to be complete. In our efforts to be complete and devoid of unholy impulses, we require more than just a determined resolve.

Anything that results in being more consistent with the example of Christ is going to funnel us into the realm of spiritual warfare (Eph 6:18) and the only thing that makes any difference when it comes to combating the tactics of Satan is God Himself.

But the odds are dramatically stacked in our favor. As a matter of fact, we’re guaranteed a victory. Not because of who we are but because of Christ in us.

**No temptation has overtaken you except what is common to humanity. God is faithful, and He will not allow you to be tempted \_\_\_\_\_ what you are able, but with the temptation He will also provide a way of escape so that you are able to bear it. (1 Cor 10:13 [HCSB])**

**You are from God, little children, and you have \_\_\_\_\_ them, because the One who is in you is greater than the one who is in the world. (1 Jn 4:4 [HCSB])**

At the end of the day, “Muscular Christianity” is about body, mind and spirit and not just your gut. The thing that makes it distinctive from other Bible studies is that it includes the areas of diet and exercise as part of your effort to be consistent with Christ’s example. But that’s just it – it’s a part of your walk with Him and not the whole.

As you endeavor to establish new habits and disciplines, recognize up front that your efforts need to include reading your Bible and quality time in prayer before your exercise and you’ll have the opportunity to document that and be accountable to your buddy throughout the week.

It’s not easy. If it was, everyone would do it. What makes it tough is that it’s not just about the necessary resolve and sacrifice. It’s a spiritual battle that you have to fight with the Power and Weapons His Spirit makes available. It’s a choice and one that you have to make every day.

Let’s get to it!

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