



Hope for the Holidays

Get ready to participate in this annual event:
Our Christmas Offering that will benefit Good
News Ministry in Quito.

Kick-off date: October 19 / Collection date: November 16

BAPTISMS

Congratulations to Tim Tomlin, Ian Tomlin, and Dylan Tomlin on their decision to follow Jesus. They plan to be baptized on Sunday, October 19. Join us for a time of joy-filled celebration.



CELEBRATE RECOVERY

Instructor: Deb Perez

Next. Class: Thursday, October 23

7:00 p.m.



FALL BACK

ON SUNDAY, NOVEMBER 2, WE SET OUR CLOCKS BACK ONE HOUR
AS DAYLIGHT SAVING TIME COMES TO A CLOSE.

Getfit

Oct 05 » Get Spiritually Fit
 Oct 12 » Get Financially Fit
 Oct 19 » Get Physically Fit
 Oct 26 » Get Relationally Fit

Prayer REQUESTS

► SALVATION

- Walter Miner III Gearen Family Tom M. Stein Family
 Ryan K. Tyler M. Mandy W. Dave. O

► HEALTH ISSUES

- | | | |
|--|---|---|
| <input type="checkbox"/> Mandy W. » Cancer | <input type="checkbox"/> Hector S. » Healing | <input type="checkbox"/> April P. » Health Issues |
| <input type="checkbox"/> Merle » Health Issues | <input type="checkbox"/> Vanessa » Health Issues | <input type="checkbox"/> Kyle » Salvation |
| <input type="checkbox"/> Carlos V. » Health Issues | <input type="checkbox"/> Jacob M. » Emotional Health | <input type="checkbox"/> Nathan K. » Health Issues |
| <input type="checkbox"/> Angie & Family » Life Issues | <input type="checkbox"/> Noelle G. » Health Issues | <input type="checkbox"/> Lucinda M. » Parkinson's |
| <input type="checkbox"/> Camilia S. » Cancer/Leg | <input type="checkbox"/> Junior » Health Issues | <input type="checkbox"/> Shirley P. » COPD
worsening |
| <input type="checkbox"/> Lucille S. » Health Issues | <input type="checkbox"/> Charlie » Lung Cancer | <input type="checkbox"/> David A. » Health Issues |
| <input type="checkbox"/> Augustin A. » Sobriety | <input type="checkbox"/> Silvia J. » Health/Faith Issues | <input type="checkbox"/> Karen P. » Health Issues |
| <input type="checkbox"/> Yalda Samano » Cancer | <input type="checkbox"/> Becky H. » Cancer | |
| <input type="checkbox"/> Walter Miner III. » Health Issues | <input type="checkbox"/> Mary Sharp » Physical Therapy | |
| <input type="checkbox"/> Zach D. » Sobriety | <input type="checkbox"/> Dale G. » Health Issues | |
| <input type="checkbox"/> Paitn » Return to God | <input type="checkbox"/> Betty L. » Life Transitions | |
| <input type="checkbox"/> Meztzi » Return to God | <input type="checkbox"/> Jerry A. » Radiation for
bladder cancer | |
| <input type="checkbox"/> Ivy » Healing | <input type="checkbox"/> Leah » Back Surgery | |
| <input type="checkbox"/> Mike K. » Bone Cancer | <input type="checkbox"/> Peggy K. » Pain Issues | |
| <input type="checkbox"/> Sophie T. » Health Issues | | |



METRICS THAT MATTER (10/12/25)

ATTENDANCE ► 0 GIVING ► \$0 GUESTS ► 0
 VOLUNTEERS ► 14 DECISIONS FOR CHRIST ► 0

(attendance and giving not available this week)

SCAN QR CODE
TO DONATE ▼



I. Opening & Prayer

“Heavenly Father, thank You for the gift of our bodies and the desire to honor You with every breath we take. As we explore what Scripture says about caring for the physical temple You’ve given us, grant us wisdom, humility, and a heart eager to obey. In Jesus’ name, Amen.”



2. Why Fitness Matters Biblically



1. Our bodies are God’s creation – Genesis 1:27 (“...in His own image”).
2. They are entrusted to us – Psalm 139:13-14 (“You knit me together...wonderful are Your works”).
3. Neglect can hinder ministry – 1 Corinthians 9:27 (“I discipline my body...”).
4. Physical health isn’t a “nice-to-have” but a stewardship responsibility that impacts worship, service, and witness.

3. Scriptural Foundations

a. The Body as a Temple – 1 Timothy 4:8
“For physical training is of some value, but godliness has value for all things...”

Key point: Physical training has genuine worth; it complements spiritual training.

b. Discipline & Self-Control – 1 Corinthians 9:24-27
“...run in such a way as to get the prize...I punish my body and bring it under control...”

Key point: Athletes train rigorously; believers are called to



the same disciplined pursuit.

c. Strength for Service – Ephesians 6:10-18 (the armor of God) “Put on the whole armor...stand firm.”

Application: Physical strength equips us to stand firm in spiritual battle and serve others (e.g., lifting, carrying, rescue work).

d. Honoring God with Our Bodies – Romans 12:1 “Offer your bodies as a living sacrifice...”

Key point: Our lifestyle choices—including fitness—are acts of worship.

e. God’s Design for Movement – Genesis 2:15 (work the garden) & Ecclesiastes 3:1-8 (a time for every activity).

Key point: Work and physical activity were part of the original human experience.

f. Health as Witness – Matthew 5:16 (let your light shine) & Philippians 4:8 (think on what is true, noble).

Illustration: A healthy, energetic life can draw attention to the source of our vitality—Christ.



4. Practical Applications

Practical Step	Biblical Tie-in	Quick Tip
Set a Routine – <i>1 Cor 9:27</i>	Schedule 3-5 x weekly sessions (walk, jog, strength).	
Balanced Nutrition – <i>Leviticus 11</i> (principles of clean/unclean)	Choose whole foods; avoid excess.	
Rest & Recovery – <i>Exodus 20:8-11</i> (Sabbath rest)	Honor a weekly rest day for physical and spiritual renewal.	
Accountability – <i>Ecclesiastes 4:9-10</i> (two are better)	Pair with a workout buddy or small group.	
Prayerful Exercise – <i>Psalms 145:18</i> (God is near to those who call)	Begin/finish workouts with short prayers, thanking God for strength.	
Serve Through Fitness – <i>James 2:14-17</i> (faith expressed in deeds)	Volunteer for community clean-ups, church moves, or charity runs.	

