



FIT FOR LIFE

Mark 12:29-31

²⁹“The most important one (command),” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength’ ³¹The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

Our body is part of our ETERNAL story.

Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

1 Corinthians 6:19-20

¹⁹Do 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; ²⁰you were bought at a price. Therefore honor God with your bodies.

We do not need to be ASHAMED
...but we cannot stay as we are.

2 Corinthians 12:8-9

⁸Three times I pleaded with the Lord to take it away from me. ⁹But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Where do you need SUFFICIENT GRACE today?

How to receive forgiveness from God:

- 1) Admit you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

You can do that now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

If you chose to follow Jesus today, text “LIFE” to 309-250-2007 to receive additional information about next steps in following Jesus.

For Further Reflection:

Read Mark 12:28-34

- :: What stands out to you as you reflect on this interaction?
- :: What do you think Jesus meant when he told the man, “You are not far from the Kingdom of God”? What does this say to us about our pursuit of God in body, mind, spirit, and community?

Read Romans 11:36-12:1

- :: What do you think is significant about how the writer explains in our “true and proper” worship as an act of sacrifice in our bodies?
- :: How would knowing everything is “from..., through..., and for...,” God inform how we honor God in our bodies?

Pastor Jeremiah said, “We don’t need to be ashamed, but we can’t stay as we are.”

- :: How did this speak to current circumstances or mindsets in your life?
- :: How do you see this truth in the scriptures used in the message?
- :: How can this inform the way we interact with what we’re frustrated or disappointed in when it comes to experiencing life’s fullness in our bodies?

We were asked, “Where do you need sufficient grace today?”

- :: What did you identify?
- :: Invite someone to pray with and for you...and check in on you this week as you receive and live into this with your body in the coming days.

Unless otherwise noted, today’s Scripture is from the New International Version [NIV].

Jeremiah X. Gómez (@jxgomez) – May 1 & 2, 2021

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