



FIT FOR LIFE

What does it look like for us to honor God with our bodies?

Romans 8:19-21 [NIV]

¹⁹ For the creation waits in eager expectation for the children of God to be revealed. ²⁰ For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope ²¹ that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.

Definition of Trauma -

-a deeply distressing or disturbing experience

-emotional shock following a stressful event or a physical injury

John 20:21-22 [NIV]

²¹ Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²² And with that he breathed on them and said, "Receive the Holy Spirit."

2 Corinthians 4:7-12 [NIV]

⁷ But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. ⁸ We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹ persecuted, but not abandoned; struck down, but not destroyed. ¹⁰ We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. ¹¹ For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. ¹² So then, death is at work in us, but life is at work in you.

Galatians 5:1 [NIV]

"It is for freedom that we have been set free. Stand firm then and do not be enslaved again by a yoke of slavery."

Psalms 139:13-16 [NIV]

¹³ For you created my inmost being; you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

¹⁵ My frame was not hidden from you when I was made in the secret place,

when I was woven together in the depths of the earth.

¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

You are wonderfully Made!

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 “FAITH” to 309-250-2007 to receive additional information about next steps in following Jesus.

For Further Reflection:

:: How do you feel/think about your body? When you read Psalm 139, how do you integrate the truth that you are wonderfully made into your rhythm?

:: Think of a time when you experienced trauma.

:: What healthy practices did you engage in to experience healing?

:: Are you aware of unresolved trauma in your life? What will you do to walk towards healing? Pastor Beth suggested 6 rhythms that we can practice to honor God with our bodies.

:: Breath Prayers :: Gentle Noticing
:: Active in creation :: Eat Good Food
:: Appreciate Differences :: Be Kind to yourself
Choose one of these to engage with this week!

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

Beth Cossin (@bethcossin) – May 15 & 16, 2021
Watch this message and other recent messages online at heritageqc.com/watch

“Traumatized people chronically feel unsafe inside their bodies: The past is alive in the form of gnawing interior discomfort. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they often become expert at ignoring their gut feelings and in numbing awareness of what is played out inside. They learn to hide from their selves.”

— Bessel A. van der Kolk,
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Take Your Next Step!

Great next-step opportunities to connect with God, Others, & Your Purpose:

- Shiloh Mission Trip
- Small Groups
- Team Opportunities
- **Need help finding what you need? Call us at 309-788-2030.**

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