



FIT FOR LIFE

1 Corinthians 6:19-20 [NIV]

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

God never gives up on [US](#).

Romans 7:18-19 [NIV]

¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

We can live differently because of [JESUS!](#)

2 Peter 1:3-4 [NIV]

³ His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. ⁴ Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

2 Peter 1:5-10 [NLT]

⁵ In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, ⁶ and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, ⁷ and godliness with brotherly affection, and brotherly affection with love for everyone. ⁸ The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ. ⁹ But those who fail to develop in this way are shortsighted or blind, forgetting that they have been cleansed from their old sins. ¹⁰ So, dear brothers and sisters, work hard to prove that you really are among those God has called and chosen. Do these things, and you will never fall away.

Matthew 5:8 - Blessed are the pure in heart, for they will see God.

Luke 11:28 - Blessed rather are those who hear the word of God and obey it.

What will you “keep on [DOING](#)”?

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:

- :: Take a moment to read Romans 7:14-25.
 - :: What are some of your initial observations from the passage?
 - :: What do you find most comforting in Paul’s words? Most challenging?
- :: Think of a time you found yourself in a pattern of doing what you didn’t want to do.
 - :: What made that particular dynamic a struggle for you?
 - :: What did you do to address it? What would you do differently/same?
- :: In 1 Corinthians 6:19-20, Paul talks about our bodies. Who does he say should have authority in/over our bodies? How should that reality impact our daily lives? What happens when we don’t live that way?
- :: Read/Re-read 2 Peter 1:3-10.
 - :: What stands out to you as you reflect on this passage?
 - :: What part of Peter’s “sequence” do you need most (or have least)? Why?
- :: Identify 1 thing you can do this week to more fully “participate in the divine nature.”

Romans 7:24b-25 [NIV]
²⁴ ...Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

Unless otherwise noted, today’s Scripture is from the New International Version [NIV].
Shawn Cossin (@shawncossin) – May 8 & 9, 2021
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