



FIT FOR LIFE

THE SPIRIT IS LIFE.

Genesis 2:7, NRSV

...then the Lord God formed man from the dust of the ground, and **breathed** into his nostrils the **breath** of life; and the man became a living being.

Ezekiel 37:5-6

⁵This is what the Sovereign Lord says to these bones: I will make **breath** enter you, and you will come to life. ⁶I will attach tendons to you and make flesh come upon you and cover you with skin; I will put **breath** in you, and you will come to life. Then you will know that I am the Lord.

John 20:21-22

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

WE ARE MADE AS [TRUSTED] SONS & DAUGHTERS.

Romans 8:13-16

¹³For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. ¹⁴For those who are led by the Spirit of God are the children of God. ¹⁵The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." ¹⁶The Spirit himself testifies with our spirit that we are God's children.

THE STRUGGLE IS REAL.

Ephesians 6:10-12

¹⁰Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Who is God inviting me to be RIGHT NOW?

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:

:: Reflect on the Fit For Life conversations we've had so far—what continues to stick out to you? What has been life-giving? What has been challenging?

:: Read the Genesis, Ezekiel, and John passages again.

:: Why do you think Scripture connects “breath,” “life,” and “spirit” in these ways?

:: What does this say about how we might otherwise view a “separation” between these things?

:: Read Romans 8:13-16.

:: Pastor Jeremiah highlighted the difference of “being childlike and being childish.” How did you process that part of the conversation?

:: Where do you see invitations to childlikeness in our relationship with God?

:: What are some of the implications of the scriptural statement, “...those who are led by the Spirit of God are the children of God”?

:: Where have you been confronted lately with the reality that, “The struggle is real” when it comes to spiritual life and battle?

Who can you invite to pray with and for you in this area?

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

Jeremiah X. Gómez (@jgomez) – 13 June 2021

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