

MESSAGE NOTES

SHAPE UP (Part 5)

Body and Soul

February 13 & 14, 2010

God paid a great price for you, so use your body to honor God.

1 Corinthians 6: 20 (CEV)

You (God) made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous.

Psalms 139: 13-14 (NLT)

I can do anything I want to if Christ has not said no, but some of these things aren't good for me. Even if I am allowed to do them, I'll refuse to if I think they might get such a grip on me that I can't easily stop when I want to. I refuse to allow anything to make me a slave.

1 Corinthians 6: 12 (TLB)

God paid a great price for you, so use your body to honor God.

1 Corinthians 6: 20 (CEV)

One day as Jesus was walking along the shores of the Sea of Galilee, he saw Simon and his brother, Andrew, fishing with a net, for they were commercial fishermen.

Mark 1: 16

As Jesus walked along, he saw Levi sitting at his tax-collection booth. "Come, be my disciple," Jesus said to him. So Levi got up and followed him.

Mark 2: 14

One Sabbath day as Jesus was walking through some grain fields, his disciples began breaking off heads of wheat.

Mark 2: 23

Jesus and his disciples left Galilee and went up to the villages of Caesarea Philippi. As they were walking along, he asked them, 'Who do people say I am?'

Mark 8: 27

And Christ became human and took on flesh and blood

John 1: 14

God created people in His own image ... he patterned them after himself.

Genesis 1: 27 (JBP)

Don't depend on things like fancy hairdos or gold jewelry or expensive clothes to make you look beautiful.

1 Peter 3: 3 (CEV)

You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

1 Peter 3: 4 (NLT)

If another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path, and be careful not to fall into the same temptation yourself.

Galatians 6: 1 (NLT)

So encourage each other and build each other up.

1 Thessalonians 5: 11 (NLT)

And let us consider how we may spur one another on.

Hebrews 10: 24 (NIV)

God is good, so I beg you to offer your bodies to him as a living sacrifice, pure and pleasing. That's the most sensible way to serve God.

Romans 12: 1 (CEV)

You surely know that your body is a temple where the Holy Spirit lives. The Spirit is in you and is a gift from God. You are

no longer your own. God paid a great price for you, so use your body to honor God.

1 Corinthians 6: 19-20 (CEV)

Scripture Translation Guide
(NIV) New International Version
(NLT) New Living Translation
(NCV) New Century Version
(TEV) Today's English Version
(CEV) Contemporary English Version
(GW) God's Word
(AMP) Amplified Version
(JBP) JB Philips
(LB) Living Bible
(MSG) The Message