

## Title: Get Fit in Your Frame (Spirit, Soul, and Body)

Key Text: 1 Thessalonians 5:23 (NKJV)

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### I. Introduction

#### 1. Opening Thought

- The word “*intentional*” means “done on purpose” or “deliberate.”
- Illustrations of intentionality:
  - You don’t just *accidentally* get a toned body by staring in the mirror.
  - You can’t *step on the scales* and watch 28 pounds disappear without effort.
  - No team *floats* to a championship; success requires intentional discipline.

#### 2. Transition to the Main Theme

- Just as being physically fit is intentional, being holistically fit—spirit, soul, and body—requires *deliberate* practice.
- **1 Thessalonians 5:23 (NKJV)**: “Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless...”

#### 3. Sermon Purpose

- To challenge us to *get fit* in every part of our being: spirit, soul, and body.
  - We’ll explore practical steps to spiritual, emotional, and physical health.
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### II. Understanding Our Frame: Spirit, Soul, and Body

#### 1. Biblical Framework

- **1 Thessalonians 5:23** highlights that we are *triune beings*:
  - **Spirit**: The part of us that connects with God.
  - **Soul**: Our mind, will, and emotions.
  - **Body**: Our physical structure.
- We’re called to be healthy and *fit* in all three areas.

#### 2. New Nature vs. Old Mindsets

- When we’re saved, our *spirit* is made new in Christ. However, our *mindsets* often come from our background and family (the “grandpa in our bones”).
- **Romans 12:2 (NKJV)**: “Do not be conformed to this world, but be transformed by the renewing of your mind.”
  - We *must* intentionally renew our minds.

#### 3. Practical Insight

- Our emotional and mental health is shaped by experiences, upbringing, and habits.

- God gives us a new nature, but we carry over *learned* behaviors, attitudes, and “mindsets” that need transforming.
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### III. The Importance of Internal Health

#### 1. Inner Peace vs. External Chaos

- Like an athlete who needs physical strength and mental discipline, we too need inner wholeness.
- If we neglect our *internal life*—our soul—we end up *stuck* in toxic mindsets:
  - “I have little worth unless I’m wealthy, influential, and popular.”
  - “I have to stay busy so I feel important.”
  - “My crowded schedule equals my significance.”

#### 2. Jesus Came to Save Us *and* Transform Us

- Not only from the *penalty* of sin but also from the *poison* that infects our minds.
- True freedom is found when we rest in Christ’s love, rather than seeking constant approval from others.

#### 3. Practical Application

- Slow down. Live more attentively to *God’s voice*.
  - Practice doing *one thing at a time* without rushing, trusting God’s grace.
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### IV. Example of Jesus’ Mindset

#### 1. Jesus Disappointed Many

- **Mark 3:21:** His own family wondered if He was out of His mind.
- **Luke 4:28–29:** The people of Nazareth tried to push Him off a cliff.
- His disciples expected a different kind of Messiah; they eventually abandoned Him.
- Crowds left Him when He wouldn’t be the *earthly* king they wanted.
- Religious leaders crucified Him, attributing His power to demons.

#### 2. What This Teaches Us

- Jesus was so *whole* (spirit, soul, body) that He could obey God at the risk of disappointing people.
- We can learn to love others well but remain *faithful* to God first.

#### 3. Romans 12:2 Revisited

- **“Do not be conformed to this world... be transformed...”**
  - Conformity leads to a *superficial self*; transformation leads to our *true self*.
  - Developing a *fit* mind means growing in *self-awareness*.
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## V. Becoming Self-Aware

### 1. Definition of Self-Awareness

- Fully knowing who you are—your values, passions, goals, personality, strengths, and weaknesses.
- Embracing *your* God-given identity, rather than living under others' expectations.

### 2. Roadblocks to Getting Fit (Spirit, Soul, Body)

#### 1. Pride

- “I already know that!” mentality.
- Pride in the physical realm is like a fighter who stops training because of past wins.
- In the spiritual realm, pride keeps us from *surrendering* in prayer.
- *True strength* in God's kingdom is surrender, as demonstrated by Jesus on the cross.

#### 2. Busyness

- Running to *something* and *from* something all the time.
- Jesus was never rushed—even arriving four days late to Lazarus's funeral.
- To be fit, we must *eliminate* distractions and slow down.

#### 3. Character Sabotage

- Talent or gifts may take you places your character can't keep you.
- Multiple public scandals often illustrate how a lack of character undermines success.
- Issues like gossip, lust, greed, or a bad temper reveal areas where we lack self-awareness.

#### 4. Constant Demand to Be Entertained

- 60% of social media usage is not about learning or connecting but *entertainment*.
- Binge-watching, gaming, endless scrolling—these can rob us of growth and purpose.
- Without purpose, we trade meaningful development for immediate gratification.

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## VI. Practical Steps to Exercise Our Faith

### 1. Remove Pride

- Ask God to peel back layers of the *superficial self*.
- Cultivate humility through *prayer* and *honest* reflection.

### 2. Slow Down and Listen

- Break the cycle of *busyness*.
- Practice silence, solitude, and learning to *hear* God.

### 3. Prioritize Character Over Achievement

- Invest in spiritual disciplines that shape integrity, honesty, purity, and love.

- Compare your character to Scripture, not to cultural standards.
  - 4. **Limit Digital Distractions**
    - Reduce social media usage.
    - Turn off notifications or schedule specific times for entertainment.
    - Embrace silence or reading God's Word.
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## VII. A Call to Consecration

### 1. Fasting and Prayer Challenge

- *Next Week*: Enter a week of consecration together.
- **Fasting Practices**:
  - Miss one meal per day.
  - Abstain from one activity you enjoy (TV, social media, etc.) each day.
  - One day, fast for 12 hours.
  - On Saturday, fast from 6 PM until after Communion on Sunday morning.

### 2. Get Fit in Spirit

- Join in prayer (e.g., Monday Night at 6 PM).
- Renew your mind by reading God's Word, *replacing lies with truth*.

### 3. Intentional Next Steps

- Set specific goals in each area (spirit, soul, body).
  - **Key Focus**: *Let this mind be in you which was also in Christ Jesus* (Philippians 2:5).
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## IX. Conclusion and Prayer

### 1. Final Challenge

- Identify areas where you're still living with a *chicken mindset* instead of soaring as an eagle.
- Commit to *renewing your mind*, removing roadblocks, and being *intentional* about spiritual, emotional, and physical fitness.