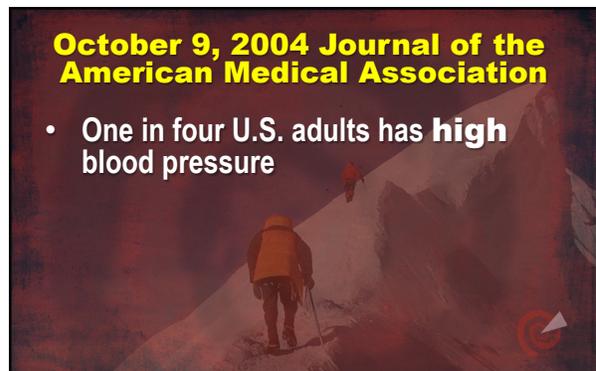
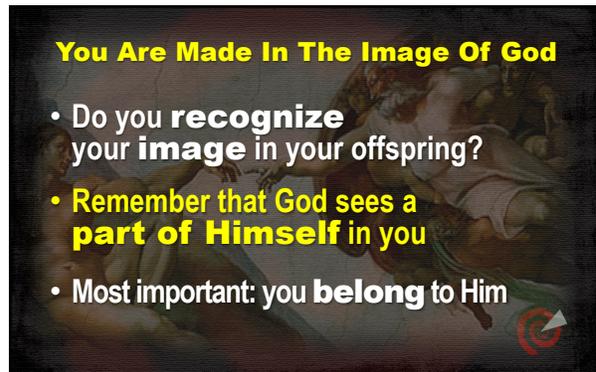


OTI Session 47 “Fit For The Kingdom”



We Consume Useless Calories And Poisons

- **34%** of total calories consumed by Americans come from fat
- **Average American consumes 80-120 lbs. of refined sugar annually & 56 gallons of soda**

We Consume Useless Calories And Poisons

- We are **marketed**, sold and consume highly **toxic** substances, every day

Ephesians 5:28-29 (NKJV)

²⁸ So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself.

²⁹ **For no one ever hated his own flesh, but nourishes and cherishes it ...**

Proverbs 25:16 (NKJV)

¹⁶ Have you found honey?

Eat only as much as you need, Lest you be filled with it and vomit.

A Place To Start:

- **Simple changes** in your shopping and eating habits
- **Inspect** ingredient lists and health warnings more carefully

A Place To Start:

- When eating, **disobey the flesh!**
- **Implement** simple changes to your daily routine, that re-introduces motion

Action Plan:

- Develop a list for food intake and exercise **Commitments**
- Hold yourself **Accountable**, No one else can
- Work harder on **Yourself** than on your **Job**

Action Plan:

- Treat your body as a **Temple**
- Develop and commit to a **Daily Routine**

Life Implication:

Not Taking Care Of Our Spiritual Temple **WILL** Take valuable Years Off Of Our Lives And **Limit** Much Of What God Wants To Do Through Us

Life Application

Life Application Discussion:

1. How am I doing right now in the area of **consuming** healthy foods?
2. How would I rate **my current** exercise commitments?
3. Am I willing to commit—right now—to a **new plan** of action?