

## Getting Fit Spiritually

### Lesson 2 “The Importance of a Healthy Diet”

I. Introduction - We are in a series called “Getting Fit Spiritually.” The goal is to help you learn how to get stronger spiritually and grow into the fullness of Christ.

A. I began a journey to get fit physically two years ago and discovered the same principles we use to get fit physically are the same ones we use spiritually. This isn’t haphazard as the spiritual invisible word created the physical world. Physical truths parallel spiritual truths.

B. The first truth principle we looked at was **Rest**.

1. When we do not rest our physical bodies properly we can eat a healthy diet and exercise, but our body will fight against us and hinder our ability to get fit.
2. This same principle is true spiritually. We must learn to rest in grace of God. We must labor to rest and stop striving to make the promises happen. When we fight against grace we will hinder our own growth. **James 4:6 - resists means He actively fights against pride.** Ex: Finances

II. The Importance of Healthy Diet - The second principle in getting fit is our nutrition. Physical trainers will tell you that you cannot out-train a bad diet. Unfortunately, many try to and think the extra 20 minutes of cardio will burn off the piece of cheesecake they ate with dinner. This same principle is true spiritually. **You cannot outserve a bad diet!**

A. **1 Peter 2:1-2** The milk of God’s word causes us to grow.

1. It’s the word that grows us, not our striving.
2. Jesus said in another place, **truth makes us free**. In a sense, we are not responsible for changing ourselves. The word changes us. We are simply responsible for eating. **Psalms 37:3 feed on His faithfulness.**

B. We must eat a balanced diet. Need fruits, veggies, protein. We won’t grow strong if all we do is drink milk. **Hebrews 5:12-14. KJV strong meat.**

1. Solid food (strong meat) has minerals and nutrients milk doesn’t have. This means everyone who wants to grow spiritually, must grow beyond the basics of salvation into the deeper things of the word.
2. This doesn’t mean we ever stop drinking milk. If you eat meat and don’t drink you’ll choke. We need to the milk which is the message of grace and gift of salvation, but we also need the meat, which is the responsibility side of the gospel. Ex: Serving and commitment. **Luke 16:10**

### C. The Digestion Process - **Revelation 10:8-11**

1. When John ate the book, his body absorbed the nutrients that were in it. This is what made his stomach bitter. It was a hard message.
2. John was only able to prophecy after he ate (and became one) with the book.
3. **Romans 12:2 transformation, metamorphoo - example of a caterpillar.**  
**Metamorphosis is a radical transformation by a supernatural means.**
  - a. Where does a caterpillar get its wings? Does a stork fly up to the cocoon and drop them off? No. They were already on the inside of him.
  - b. **Digestion process - enzymes released that break-down the body and causes it to change shape.**

D. The Power of a Diet Buddy - When you have someone go on diet with you, they help inspire, motivate, provide insight, and hold you accountable.

1. **Acts 2:42-46** While these verses are descriptive and not prescriptive of what the early church did, they are a solid template from which to build on the rest of scripture supports.
  - a. They were steadfastly in the word. The idea is consistency. We must be consistent with our diet to see good results. Ex: What would happen naturally if you only ate one meal a week? Many do this spiritually.
  - b. Met from house to house breaking bread. The idea of breaking bread goes back to communion, which is based on covenant. **We NEED HEALTHY RELATIONSHIPS TO GROW TO OUR POTENTIAL.**
    - i. No Lone Ranger Christians - "Even the lone ranger had Tonto."
    - ii. Why? My story about meeting Brian - He imparted things to me from the word I hadn't seen (turned me on to Andrew, helped me learn truths about spiritual authority), and called out my blind spots at 21.
2. A Diet Buddy will help you discover foods you would have never eaten on your own, hold you accountable to what you know to do, and spiritually will help you digest the nutrients of the word when you have a blockage.

III. Conclusion - The word of God is how we grow and none of us can out-train a bad diet. Make a commitment to get into the word and make a commitment to join a Life Group to maximize your spiritual growth.

#### A. Transition to Craig