



Sermon Notes: July 17th, 2017

Diet and Exercise

John 6:25-71

"Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple."

- 1 Corinthians 3:16-17

1. The people followed for _____ rather than _____
2. They failed to see Jesus as _____
3. Their attention was on the _____ rather than the _____

Conclusion:

Seek _____ in dieting and exercise

Application Questions:

- Am I doing this for "my" body or for "God's" temple?
- Am I obeying the desires of my flesh or God's Spirit?
- Am I starting each day by choosing to pursue faith?
- Am I offering my body to God or to my appetites?
- Am I engendering habits of godliness or carnality?