



Paul Phillips: 910-470-0870

Run To Win: Guard Your Health

“Do you not know that in a race that all runners run, but only one receives a prize? So run that you may obtain it.”

~1 Corinthians 9:24.

“Imagine life is a game in which you are juggling 5 balls:

WORK, FAMILY, HEALTH, FRIENDS, INTEGRITY.

Work is a rubber ball. If you drop it, it will bounce back. The other 4 balls are made of glass.”

~James Patterson

“For physical training is of some value, but godliness has value for all things.” ~1 Timothy 4:8



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Questions

How can guarding our health help us be more effective in these three areas?:

- 1. Physical training has “some value” to our Mission**
 - How does keeping our body strong help us to accomplish our Mission?

- 2. Physical training has “some value” for our temple of the Holy Spirit.**
 - Explore the concept of treating our bodies as temples of the Holy Spirit.
 - Discuss specific lifestyle choices, habits, and practices that align with honoring God with our physical well-being.

- 3. Physical training has “some value” in how we Steward our body.**
 - Discuss both short-term and long-term impacts of unhealthy choices. [Any personal experiences]

“The Lord gave me a horse to ride and a message to deliver. Alas, I have killed the horse and cannot deliver the message.” ~Robert Murray M’Chyene



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