

Getting into SHAPE! - Lesson 2

Hebrews 12:1-2 KJV "12:1 ¶ Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

12:2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."

What is the next step?
S – Set your mind!
H – Help your plate!

Daniel 1:12 KJV "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."

What do you put on your plate?

What you put on your plate is important! What you eat is important, both physically and spiritually!

Matthew 4:4 .
Philippians 4:8
Exodus 16:1-5

God provides what is necessary to help your plate.

God provides the nutrients for the physical body.

Genesis 1:29

God provides the nutrients for the spirit.

John 6:35
John 6:47-51
2 Peter 1:5-8
2 Timothy 3:16-17

You must put on your plate what God provides.

Exodus 16:4-5

They had to get up and move

They had to gather

They had to gather daily
2 Timothy 2:15

Are you nutritionally starved?

Matthew 5:6

Isaiah 55:1-3

-- A. W. Tozer in *Rut, Rot or Revival*. *Christianity Today*, Vol. 40, no. 5.

"One man said, 'One morning I spoke to eighty students in a class in a state university. I was informed that it would be better if I did not mention the Bible in the university. That same afternoon I was invited to speak to eight hundred men in the state prison, and the warden asked me to give them Bible truths.'"

Proverbs 3:5-8