

CrossFit // WK 2

Welcome to Faith Students and this is Student Sunday Night! We are jumping into our new series CrossFit!

- CrossFit - In this series, we will be walking through getting fit in our faith walk. Here at Faith Students, we believe that salvation isn't an ending marker, it's the starting point to a journey of new life and growth. A journey that requires "working out" our faith. So it's time to cut the spiritual fat and get in shape as believers of Christ!
- Last week we spoke on running toward the goal which is being in God's presence forever and hearing him say well done my faithful servant. The next few weeks we will look at what we need to get to that finish line.

Illustration // Tell a story of starting some type of diet but caving in to junk food.

Tension // What does a healthy spiritual diet look like?

Scripture // **Psalm 119:9-16**

How can a young person stay on the path of purity? By living according to your word. 10 I seek you with all my heart; do not let me stray from your commands. 11 I have hidden your word in my heart that I might not sin against you. 12 Praise be to you, Lord; teach me your decrees. 13 With my lips I recount all the laws that come from your mouth. 14 I rejoice in following your statutes as one rejoices in great riches. 15 I meditate on your precepts and consider your ways. 16 I delight in your decrees; I will not neglect your word.

PRAY

BREAKDOWN // This scripture speaks directly to how we stay on the path of purity, how we stay in the race God has set before us. To live according to the word, to seek his word, to hide His word in your heart, to learn his word, to speak his word, to rejoice in his word, to meditate on his word, to delight and focus on his word. It's through digesting the word of God that we stay in his path and in his will. The word of God (The bible) is a love letter and gps for every believer it is crucial we not only know it, but breath it, live it. It is crucial to living for Jesus. So here is the main point.

MAIN POINT // To get spiritually healthy we must cut the junk and eat the good.

CUT THE JUNK

Illustration // Tell a story of clutter building up or tell a story of an episode of Hoarders.

- Why do people become hoarders? People hoard because they believe that an item will be useful or valuable in the future. Or they feel it has sentimental value, is unique and irreplaceable, or too big a bargain to throw away.

Application // In the same way people can keep junk in their lives because they believe it's valuable, they depend on it, they think it has sentimental value, and it would cost too much to get rid of it.

- **James 1:17 - "Whatever is good and perfect comes down to us from God our Father, who created all the lights in the heavens.**
- You have to cut out the junk to make room for God's good.

Challenge // Ask the question: What junk needs to be cut in my life?

- Is it the music you listen to? Is it the decisions you make daily? Is it your language? Is it a relationship? Is it just mixed up priorities? An addiction? Is it an attitude of comfort? Is it control? Is it anger? Unforgiveness? Is there anything that is hindering you from experiencing God's good which is the fullness of His presence.

EAT THE GOOD

Hebrews 4:12 - For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

- The word of God is alive and active. It's not just words on a page but it is alive. It cuts deep on the spiritual fat and deals with the internal junk. So when was the last time you read your bible? When was the last time you let the Lord speak to you through His alive and active word?
- Here are some diet myths that also apply to our spiritual diet:
 - Diet Myth: Not eating all day and having one big meal is healthy. Actually your body needs the nutrients from every meal.
 - Spiritually: Relying on one big Sunday service is healthy
 - Diet Myth: Skipping breakfast makes you gain weight. Actually breakfast is the most important.
 - Spiritually: The same way a healthy breakfast helps you say no to unhealthy snacks, a healthy habit of reading your word in the morning can help you say no to unhealthy decisions.
 - Diet Myth: Being ripped means you're in shape. Actually you can look the part and have internal conditions if left unchecked.
 - Spiritually: The same way you may look healthy on the outside but have internal health conditions, spiritually just because you look and sound healthy doesn't mean you are.

Lastly, the myth that we need some special formula to lose weight and be healthy. The best diet you can have are the basics. The same way there is no special formula or shortcut in our spiritual health the word of God reveals, heals, restores, and strengthens. The word of God transforms us inside and out.

2 Timothy 3:16-17 - All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.

Challenge //

- Read Your Word Daily (maybe a chapter of Psalms or Proverbs a day, or The Bible App reading plan)
- Before reading, pray Holy Spirit help me to understand this
- After reading, pray God help me to look like you (Is there anything in the scripture that I need help with?)

Illustration // Share a personal and powerful moment when God spoke to you through the Bible.

Altar //

- Give a call for salvation
- Give a call that involves everyone