

# Welcome To boomerangchurch



## UpComing Events:

<b>Mon Dec 8</b>	<b>~7:30</b>	<b>Men's Study, Pizza &amp; Football! @ Dominos Pizza</b>
<b>Wed Dec 10<sup>th</sup></b>	<b>7pm</b>	<b>Maturity Meeting - 1 John 4</b>
<b>Thur Dec 11<sup>th</sup></b>	<b>6:30pm</b>	<b>ABLAZE Youth! Grades 6-12</b>
<b>Sun Dec 14<sup>th</sup></b>	<b>10am</b>	<b>class, coffee &amp; conversate!</b>
	<b>11am</b>	<b>Worship Service</b>
<b>Fri Dec 19<sup>th</sup></b>	<b>11am</b>	<b>Christmas Service @ Taylor House Retirement</b>
<b>Tues Dec 23<sup>rd</sup></b>	<b>10am</b>	<b>Christmas Service @ Spring Arbor Retirement</b>
<b>Wed Dec 24<sup>th</sup></b>		<b>NO WED NIGHT SERVICE!</b>
<b>Thur Dec 25<sup>th</sup></b>		<b>Merry CHRISTmas!!</b>
<b>Tues Dec 30<sup>th</sup></b>	<b>6pm</b>	<b>Boomachickas' Night Out!</b>
<b>Sun Jan 11<sup>th</sup></b>		<b>Happy 6<sup>th</sup> Birthday Boomerang!!</b>
<b>Sun Jan 11<sup>th</sup></b>	<b>6pm</b>	<b>ONE Body, ONE Night of Worship- Agri/Civic Ctr</b>

Message Today: **Spiritual Fitness 101**

- **NOTES** at [www.BoomerangChurch.org/notes](http://www.BoomerangChurch.org/notes) **OR** on **YouVersion LIVE App**  
Internet: **Boomerang-S** Key: **Gimitpt!** (God is moving in this place today !)

Pray for First Assembly Rockingham & Pastor Gene & Cathy Alexander

*"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."* -[John F. Kennedy](#)

**1 Timothy 4:7-8 NLT** Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. (8) "Physical training is good, but training for godliness is **much better**, promising benefits in this life **and** in the life to come."

**1 Timothy 4:7-8 MSG** Stay clear of silly stories that get dressed up as religion. **Exercise daily in God**--no spiritual flabbiness, please! (8) Workouts in the gymnasium are useful, but a disciplined life in God is **far more** so, **making you fit both today and forever.**

**3 Basic Ingredients of Fitness: Nutrition, Exercise & Rest**  
**What happens if you leave 1 of these out?**

## **NUTRITION:**

Heart of Thankfulness, Word, Prayer, Worship & The Body

**1 Timothy 4:4-6 NLT** Since everything God created is good, we should not reject any of it but receive it with thanks. (5) For we know it is made acceptable by the word of God and prayer. (6) If you explain these things to the brothers and sisters, Timothy, you will be a worthy servant of Christ Jesus, one who is nourished by the message of faith and the good teaching you have followed.

**Ephesians 4:15-16 NLT** Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of His body, the church. (16) He makes the whole body fit together perfectly. **As each part does** its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

We need a Personal & Corporate RESET Fellowship

## **EXERCISE; It's In The Doing**

**Hebrews 10:24-25 NLT** Let us think of ways to motivate one another to **ACTS** of love and good works. (25) And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.

**Matthew 7:24-27 NLT** "Anyone who listens to My teaching **and follows it is wise**, like a person who builds a house on solid rock. (25) Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it **won't collapse** because it is built on bedrock. (26) But anyone who hears My teaching and doesn't obey it is **foolish**, like a person who builds a house on sand. (27) When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash."

**James 4:17 NLT** Remember, it is sin to know what you ought to **DO** and then not do it.

**2 Timothy 3:17 NLT** God uses it to prepare and equip His people to **DO** every good work.

**Ephesians 2:10 NLT** For we are God's masterpiece. He has created us anew in Christ Jesus, so we can **DO** the good things He planned for us long ago.

**Titus 2:14 NLT** He gave His life to free us from every kind of sin, to cleanse us, and to make us His very own people, **totally committed to DOING** good deeds.

**James 1:22 NLT** But don't just listen to God's word. You must **DO** what it says. Otherwise, you are only fooling yourselves.

**Are you DOING good things, or just listening?**

**Luke 11:28 NLT** Jesus replied, "**But even more blessed are all who hear the word of God and put it into practice.**"

## **REST: STOP & Don't Worry**

Find your rest in God spiritually, mentally & physically

**Philippians 4:7 NLT** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

**HOW? one verse before tells us...**

**Philippians 4:6 NLT** **Don't worry** about anything; instead, pray about everything. Tell God what you need, and thank Him for all **He has done**.

**In other words, TRUST God!**

### **4 Areas of COMPLETE REST:**

1. **Spiritual Rest:** Salvation (ALL other Rest is found in the complete work of Jesus through Salvation)
2. **Mental Rest:** No anxiety or worry
3. **Physical Rest:** Literal physical Rest, sleep, resting on the Sabbath, etc
4. **Rest from Toiling, Striving & Self-Producing**

**Hebrews 4:9 NLT** So there is a special rest still waiting for the people of God.

**In other words, COMPLETE REST is available to the child of God right now!**

**Hebrews 4:11 NASB** Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience.

**Their disobedience was not trusting God; not having faith that He had given them victory already.**

*"You're either resting or not resting in God based on YOUR BELIEF of how COMPLETE Jesus has finished HIS WORK in your life."*

**If you're not taking proper rest, you are burning yourself out.**

**1 Corinthians 13:3 NLT** If I gave everything I have to the poor and even sacrificed my body [*KJV: give my body to be burned*], I could boast about it; but if I didn't love others, I would have gained nothing.

**Psalms 46:10 NLT** "Be still, and know that I am God! ...

**Psalms 46:10 NASB** "Cease *striving* and know that I am God...

**Isaiah 40:31 NASB** Yet those who wait for the LORD Will gain new strength; They will mount up *with* wings like eagles, They will run and not get tired, They will walk and not become weary.

**Isaiah 40:31 NLT** But those who TRUST in the LORD will find new strength...

### **Here's another SIGN:**

Rest is so important to God, He made it 1 of the 10 commandments:

**Exodus 20:8-11 NLT** "Remember to observe the Sabbath day by keeping it holy. (9) You have six days each week for your ordinary work, (10) but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. (11) For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

**Matthew 11:28-30 NLT** Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you REST. (29) Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and YOU WILL FIND REST for your souls. (30) For My yoke is easy to bear, and the burden I give you is light."

**Are you DOING good things, or just listening? Are you:**

- 1. eating proper spiritual nutrition,**
  - 2. exercising what you learn**
  - 3. & then resting,**
- or just listening?**

**James 1:25 NLT** But if you look carefully into the perfect law that sets you free, and if you **DO** what it says and don't forget what you heard, then God **WILL** bless you for doing it.