

Welcome To boomerangchurch



UpComing Events:

Mon Dec 15	~7:30	Men's Study, Pizza & Football! @ Dominos Pizza
Wed Dec 17th	7pm	Maturity Meeting - 1 John 4
Thur Dec 18th	6:30pm	ABLAZE Youth! Grades 6-12
Fri Dec 19th	11am	Christmas Service @ Taylor House Retirement
Sun Dec 21st	10am	class, coffee & conversate!
	11am	CHRISTMAS Worship Service! INVITE Friends!
Tues Dec 23rd	10am	Christmas Service @ Spring Arbor Retirement
Wed Dec 24th		NO WED NIGHT SERVICE!
Thur Dec 25th		Merry CHRISTmas!!
Thur Dec 25th		NO ABLAZE YOUTH
Tues Dec 30th	6pm	Boomachickas' Night Out!
Sun Jan 11th		Happy 6th Birthday Boomerang!!
Sun Jan 11th	6pm	ONE Body, ONE Night of Worship- Agri/Civic Ctr

Happy Birthday! Thur 18th: Brandon Emerson

Message Today: Spiritual Fitness 101

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

Pray for Salem & New Mt. Tabor UMC & Pastor Jack & Jacqueline Tookey

"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.

Your Spiritual Fitness: It is COMPLETE In Christ!

Why did God REST?

1- To set the example for us

Why else?

Genesis 1:31 NLT Then God looked over all He had made, and He saw that it was very good! And evening passed and morning came, marking the sixth day.

Genesis 2:1-3 NLT So the creation of the heavens and the earth and everything in them was completed. (2) On the seventh day God had finished His work of creation, so He rested from all His work. (3) And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation.

2- He rested because His works were COMPLETE!

QUESTION: Do you think God was sweating as He created the world the first six days?

The work required for our Spiritual Fitness is complete now!

We just need to operate in what has been paid for!

Nutrition:

Psalms 23:5 NLT You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings.

Philippians 4:19 NLT And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.

Exercise:

Philippians 4:13 NLT For I can do everything through Christ, who gives me strength.

Ephesians 6:10 NLT A final word: Be strong in the Lord and in His mighty

power.

Rest:

Hebrews 4:7 NLT So God set another time for entering His rest, and that time is today...

Hebrews 4:9-11 NLT So there is a special rest still waiting for the people of God. (10) For all who have entered into God's rest have rested from their labors, just as God did after creating the world. (11) So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.

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

You ARE COMPLETE in Jesus!

John 19:30 NLT When Jesus had tasted it, He said, "**It is finished!**" Then He bowed His head and released His spirit.

Hebrews 9:11-12 NLT So Christ has now become the High Priest over all the good things that have come. He has entered that greater, more perfect Tabernacle in heaven, which was not made by human hands and is not part of this created world. (12) With His own blood—not the blood of goats and calves—He entered the Most Holy Place once for all time and secured our redemption forever.

Ephesians 1:19-20 NLT I also pray that you will understand the incredible greatness of God's power for us who believe Him. This is the same mighty power (20) that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms.

Ephesians 2:4-6 NLT But God is so rich in mercy, and He loved us so much, (5) that even though we were dead because of our sins, He gave us life when He raised Christ from the dead. (It is only by God's grace that you have been saved!) (6) For He raised us from the dead along with Christ and seated us with Him in the heavenly realms because we are united with Christ Jesus.

Rest & Supply comes as a result of your BELIEF that you are seated with Christ because the work is COMPLETE!