

# Getting Through, What You Are... Going Through

*"To every thing there is a season, and a time to every purpose under the heavens" Ecclesiastes 3:1*

## **Getting Through What You Are Going Through By:**

**Having fitness for life: spiritually, physically, and mentally.**

I Cor. 3:16

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”

I Cor. 6:19-20

“What? Know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own?”

“For ye are bought with a price: therefore, glorify God in your body, and in your spirit, which are God’s.”

I Thess. 5:23

“And the very God of peace sanctify you wholly: and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”

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## **Lesson Outline Recap definitions – February 28, 2021**

### **Definitions**

“Fitness” means: Being fit or suitable; morally fit; spiritually fit; emotionally fit; Conformity with what is demanded by the circumstances; fitting together; being ready to do what is required.

*\*All 3 components work together to help us be our optimal best\**

*The following is an overview of the audio lesson- Please review and stay encouraged 😊*

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## Things to ponder

Do you not know that you are the temple of God?

You are a Holy temple, and you should conduct yourself in that way!

If not, you are not FIT for spiritual life; you not fit for physical life in the Spirit, and you are not mentally or emotionally fit.

The body – or the temple – is precious and should be treated as such – so that you will be fit for the master's use.

All parts must come into line: Spirit, Soul and Body

Being fit not only for this life, but for the life to come.

You cannot glorify God in your body if your mind is not being renewed by the Word.

Your body does what your mind tells it to do.

If you want to be fit for this life and the life to come, you must strengthen your vertical relationship – internalize the Word of God – and line up with what you are learning.

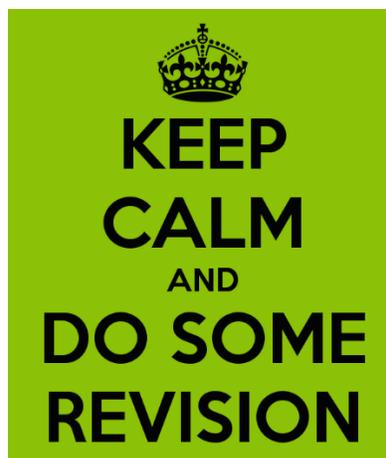


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## I. Spiritually Fit – to Hear and Render Obedience

- Before you can be fit spiritually, you must be saved.
- We are saved by grace; there is nothing you can do but accept it.
- We cannot take any credit; all we can do is accept the gift that was given.
- When you become saved your spirit is made alive.
- The same spirit that resurrected Jesus is the same spirit that lives in us.
- We can not be saved without the spirit of God.
- Remember a dead man can't do anything; embrace that we have been added to the body of Christ!
- You are not seated in heavenly places by yourself – we are there together!!!
- We are in unity with Christ!
- We were added to the *BODY* - and the *BODY* is ONE!
- If you are a part of the *ONE BODY*, you are not by yourself.
- When you get saved and your spirit is made alive, then this opens you up to begin to hear the Word of God and to begin to transform your mind and begin to agree with what the Word of God says



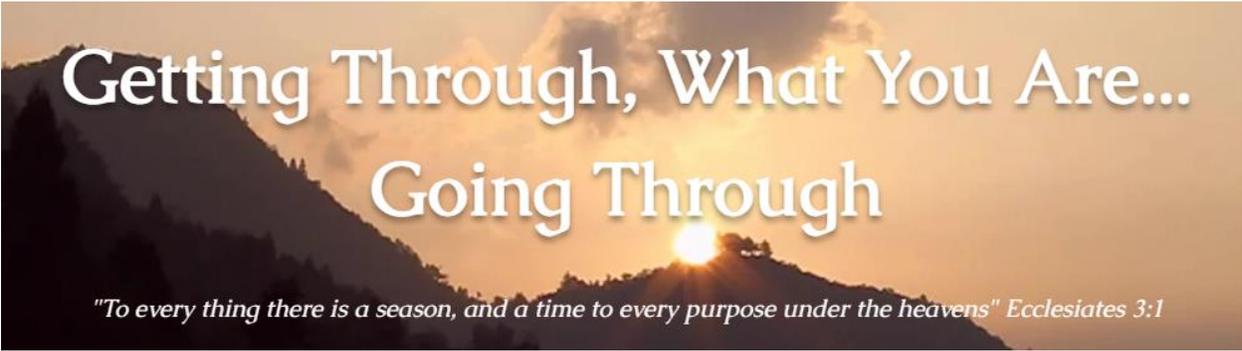


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## II. Mentally Fit- To Process what's been heard

- Do not keep doing things the way you used to do them!
- Our spirit has been made alive – been made fit – and our mind/heart - must catch up to our spirit.
- Our spirit has been made alive, and now we must begin to transform our heart/mind.
- Our mind must be continually renewed by the Word.
- What is in your mind is not the Truth – God's Word is the Truth – so you must renew your mind to agree with the Truth that is being revealed in your spirit by the Spirit of God.
- When our mind does not agree with the Word, do an exchange:
  - Exchange what you THOUGHT – for what is RIGHT.
  - Your truth is not always “the truth.”
  - Be willing to give up your truth- for the word of God which is the Truth.
- Be willing to give up YOUR idea of truth for God's revealed Truth.
- It's all about what is in your HEART/MIND!
- You must establish that Vertical Relationship with the Lord - so that you can begin to see just what God expects of you in His Word.
- The strength of your Vertical relationship dictates how you handle those horizontal issues as they arise.
- To be emotionally fit, you have to have a healthy mind or you will always see things based on your unhealthy filtering system
- Your mind is the filtering system.
- Your mind is the **direction-giver** - the mind dictates how you feel about things - your way of thinking and feeling. What is in your mind will determine whether you respond to a situation or whether you will react.



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- If your mind is being renewed by the Word of God, you will begin to respond based on the Word.
- If your mind is not being renewed by the Word of God, you will react based on your emotions.
- The condition of your mind makes the difference in your fitness.
- Your unhealthy mind must be continually renewed so that your thinking processes can be changed.
- You need to change the filter in your mind and get rid of the junk that your filter has retained.
- You must begin to renew your mind - to transform your mind to begin to think differently about yourself.
- Filter out the negatives and retain the positives of the Word of God.
- Begin to agree with the Word of God - with the Spirit of God.

### **III. Physically Fit- To behave based on what has been processed**

- Once our minds have been made new-we can then work on our bodies
- Your Horizontal issues are handled based on the strength of your Vertical
  - How do you behave?
  - Do you handle situations based on your horizontal view?
- If we try to handle horizontal issues without the strength of the vertical relationship, then we will always be handling issues emotionally - because if the vertical is not in place, the horizontal has no support!
- The horizontal cannot stand without the support of the Vertical.
- The Vertical - is our relationship with God and our internalizing of the Word of God - will strengthen us to deal with the horizontal issues.
- You can BEHAVE like you believe!
- Our mind is being renewed by the Word of God.

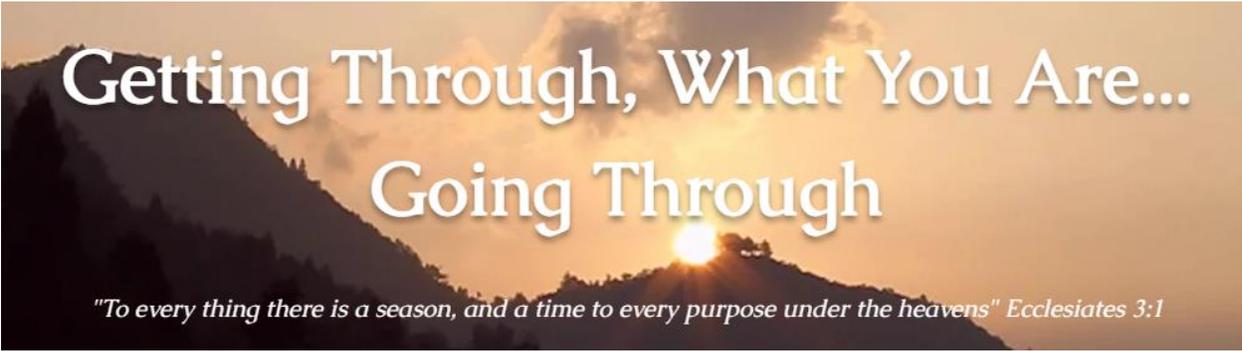
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- Our body can only do what our mind tells it to do – so if we want our behavior to be right, our mind must be right.
- Our mind must be continually renewed by the Word of God. We cannot think wrong and do right!
- Our mind calls the shots – and your body follows those directions!
- Remember Jezebel
  - Her skull - she thought only evil; (spiritual)
  - Her feet -were swift in running to mischief, (physical)
  - The palms of her hands - she did only evil - she shed innocent blood. (mental tells what to do)



The Ambassador



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You know, when the President of the United States appoints an ambassador and sends him or her to a foreign land, the ambassador is on assignment. He is the representative of the country that sent him on assignment. He is the Ambassador from the United States, and that is how he is addressed – Mr. Ambassador - or Ms. Ambassador - The Ambassador from the United States. He is not known by his own given name - He is known by the country that he represents. He is on assignment from his country, to represent his country, and to represent his leader. He does not speak of himself, but he lifts his country and his leader. He is on assignment for just a little while – and he has a job to do. To tell those in the country to which he is assigned about his country. He represents not himself, but the one who sent him. That place is not his home - he is just there for a little while.

When his assignment is ended, and the Ambassador has completed his assignment and done a good job, the President calls him home. He sends Air Force One to pick him up – and when he lands in Washington, DC, the host is ready to receive him. The door of the plane opens, the Military rolls out the red carpet – the President is waiting to welcome Mr. Ambassador home.

He steps out of the door of the plane and begins to come down the stairs. The band begins to play – the flags are waving – and the President welcomes Mr. Ambassador home.

Well done, Mr. Ambassador. You represented your country well. Welcome home. Job well done.

Well, Sister Ambassadors, you are on an assignment from the Kingdom of God - and your title is Madam Christian. When you obey the Gospel, you are known as Christian - and you represent the Christ whom you serve. You do not lift yourself



up, you lift up the Lord Jesus Christ. He said - "If I be lifted up, I will draw all men unto ME." Not you!!!

You are on assignment for just a little while in this earthly realm. This world is not your home, you are just passing through!

One day the Lord Himself will call you from labor to reward. He won't roll out the red carpet – He will roll out those streets of Gold - and charge His angels to give you an abundant welcome into the everlasting kingdom of our Lord and Savior Jesus Christ. You will be welcomed by that great cloud of witnesses that the Hebrew writer speaks of in Hebrews 12. All our family and loved ones who have gone on - waiting to welcome you home.

The Lord Himself, shall welcome you to receive you to Himself. "Well done, my good and faithful ambassador. You have been faithful. You made yourself fit – Spiritually, Emotionally and Physically – and you represented me well. Enter into the joy of your Master. Welcome Home!!!

