

Christ Street Fellowship

One Christ-One Commission-One Commandment

Visiting with us today?
Please stop at the Visitor Center in the lobby for more information

christstreetministry@christstreetfellowship.org
720-556-4092



Become a volunteer! Fill out a Connect Card & we will contact you to discuss the possibilities.



3 Ways to give electronically to Christ Street

1. Text the word "give" to 720-552-6702: or
2. Download the [tithe.ly](#) app or
3. Give on our website: [christstreetfellowship.org](#)

TRANSFORMED

How God Changes Us

Be transformed by the renewing of your mind . . .

ROMANS 12:2

Transformed in My Physical Health 1-21-2018

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2

What Does God say about my Body?

"I have the right to do anything," you say — but not everything is beneficial. "I have the right to do anything" — but I will not be mastered by anything. You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. By His power God raised the Lord from the dead, and He will raise us also. Do you not know that your bodies are members of Christ Himself? Shall I then take the members of Christ and unite them with a prostitute? Never!

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." 1 Corinthians 6:12-20

1. **My body** _____. It is His property, not mine. I don't own it, God does. He created my body, and He expects me to use it the way He intended for it to be used.

2. **Jesus paid for my body** when He died for me on the cross.

3. God's Spirit lives in my body.

4. God expects me to _____ of my body.

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." Romans 12:1

"But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified." 1 Corinthians 9:27

"For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." 1 Timothy 4:8

To take care of my body I need to be sure that I make use of the right kind of _____, the right kind of _____, and seek God for the right way to deal with _____ ("Peace of mind makes the body healthy" Proverbs 14:30)

The seven most common sources of stress in modern life

1. _____
2. Hurry
3. _____
4. Multiple choices
5. _____
6. Pluralism
7. _____

God's Antidote for Stress

"The Lord is my shepherd so I have all I need. He makes me lay down in lush green meadows. And he leads me beside calm, quiet waters. He restores my soul. He guides me in the right paths for his name's sake. And even though I walk through the valley of the shadow of death I will fear no evil for you are with me. Your rod and your staff they comfort me. You prepare a table before me in the presence of my enemies. And you anoint my head with oil. My cup overflows. Surely goodness and mercy will follow me all the days of my life. And I will dwell in the house of the Lord forever."

7 SPIRITUAL HABITS THAT REDUCE STRESS

1. I NEED TO LOOK TO GOD TO MEET ALL _____

"The Lord is my shepherd so I have all I need."

2. I NEED TO OBEY GOD'S INSTRUCTIONS ABOUT _____

"He makes me lie down."

3. I NEED TO RECHARGE MY SOUL WITH _____

"He makes me lie down in lush green meadows and leads me beside calm quiet waters. He restores my soul."

4. I NEED TO GO TO GOD FOR _____

"He guides me in the right paths for his name's sake."

5. I NEED TO TRUST GOD IN THE _____

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; Your rod and your staff comfort me."

6. I NEED TO LET GOD BE MY _____

"You prepare a table before me in the presence of my enemies, and you anoint my head with oil; my cup overflows."

7. I NEED TO EXPECT GOD TO FINISH WHAT HE _____

"Surely goodness and love will follow me all the days of my life and I will dwell in the house of the Lord forever."

2018 Physical Health Goal:
