

Fit and Flexible Families

Paul's appeal to the church in Corinth to practice self discipline for the sake of the Kingdom came from his own experience. He had denied himself marriage, family, a missionary's salary, and his own personal preferences in order to make the biggest kingdom impact possible, no matter who listened to him: Jew, Gentile, bond, free, man, woman. He became all things to all people BECAUSE HE COULD become all things to all people; He was kingdom fit and flexible.

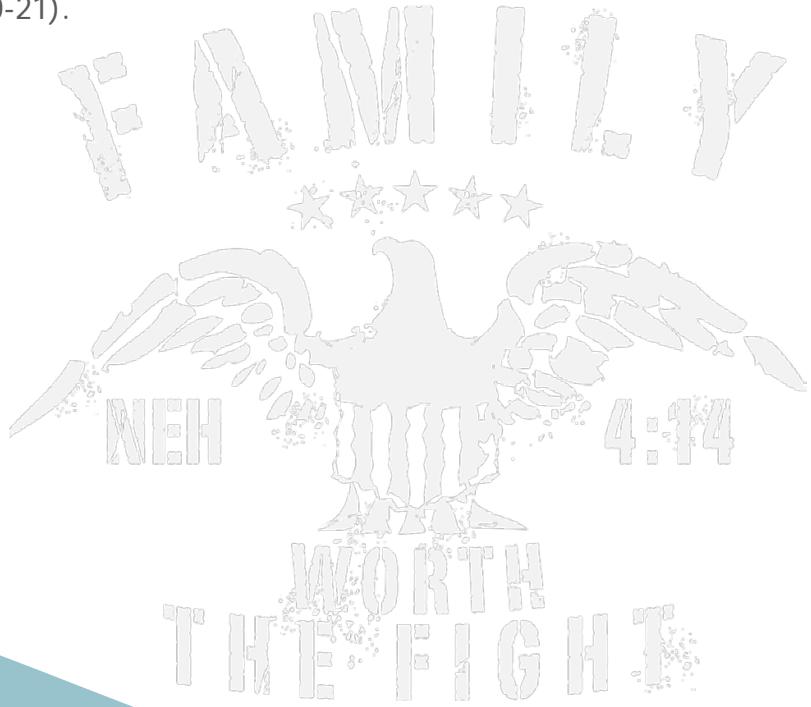
1 Corinthians 9:19-27

1. Flexibility is a Necessity for Effective Gospel Advancement

A. To reach ANYONE, we must make ourselves servants of EVERYONE.

B. Gospel flexibility requires:

1. HUMILITY (19).
2. Situational AWARENESS (20-21).
3. ADAPTABILITY (22).
 - a. Mental
 - b. Emotional
 - c. Physical
4. Gospel SUPREMACY (23).



2. Flexibility is a Discipline that Must Be Fostered

- A. We must have HIGH spiritual AMBITIONS (24).
- B. KINGDOM advancement is a higher pursuit than ANY OTHER priority on the planet (25).
- C. Effective Kingdom advancement requires a HOLISTIC approach to health (26-27).
 - 1. Spiritual health is a given.
 - 2. Physical health has been neglected.

RESOURCES



Study Bible



Strava Community



My Fitness Pal



Garmin Connect



CONNECT TIME

1. On a scale of 1 to 10, rate your spiritual health.
2. On a scale of 1 to 10, rate your physical health.
3. Share results with your spouse, and come up with answers to the following questions:
 - a. What have we neglected?
 - b. What will we do about it?
 - c. How can we hold each other accountable for fitness?
 - d. What can we do TOGETHER in the area of fitness?
4. Are we as flexible as we can be for the glory of God and the advancement of His kingdom?
5. How can we stretch ourselves both spiritually and physically?

PRESENTED BY

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Faith, Family, Ministry, Marathons

