



TWCC Sermon Connection Handout

Sunday, January 19th, 2020

Sermon Series: Reset 2020 (Reestablishing Keys to Starting this New Year and New Decade Strong)

Sermon Title: Reset Keys – Family and Food + Fitness

Opening Scripture Text: Colossians 3:1 – 2 (AMPC) – “If then you have been raised with Christ [to a new life, thus sharing His resurrection from the dead], aim at and seek the [rich, eternal treasures] that are above, where Christ is, seated at the right hand of God. ² And set your minds and keep them set on what is above (the higher things), not on the things that are on the earth.”

- The Eight Keys are: (1) **FAITH** (2) **FASTING** (3) **FEAR** (Godly, Holy Fear) (4) **FORGIVENESS** (5) **FAMILY** (6) **FOOD + FITNESS** (7) **FINANCES** and (8) **FOCUS**. Think of these as 8 **CHANGES** to a fresh start to a New Year and Decade of your life!

KEY #5: FAMILY

Psalms 68:6 (NKJV) - “God sets the solitary in families; He brings out those who are bound into prosperity...”

Galatians 6:10 (NLT) - “Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.”

- God set you in a _____ because you needed a **FAMILY** and that FAMILY needed you.
- Your being in your natural and spiritual family has everything to do with your _____.
- Your home and your Church home are designed to be a safe haven and a place of refuge that fosters _____, **ACCEPTANCE**, **COMMITMENT** and **GROWTH**.
- As a _____, when we each practice and model **HUMILITY**, **HONOR** and **HONESTY** the health, happiness, holiness and success of the family thrives and abounds. **Read Psalms 128:1 – 3 (NLT)**
- There are common success _____ that contribute to our healthy, natural and spiritual functionality as either a family team at our home, or as a Church.
- Secret One (1): A Correct _____ Structure.** Friends, the Bible is crystal clear regarding our priorities. We are commanded by God to put Him first and people second.
- Three important truths concerning priorities:
 - #1 - Priorities demonstrate our _____ system as well as the _____ system we will pass on to our children.
 - #2 - Right priorities *promote* the _____ and GROWTH of the most important things in our lives. Wrong priorities *prohibit* GROWTH and HEALTH.
 - #3 - The three essential priorities are _____, FAMILY and CHURCH.

- **Secret Two (2): A Balance of _____ and Truth John 1:14 (NKJV)** – “And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.”
 - _____ and _____ are inseparable partners. Truth by itself kills. It is a harsh taskmaster with no loyal subjects. Grace by itself is a cheerleader without a team – a spineless organism without strength or definition. Consider these tenets:
 - Relationships of truth without grace *dry up*.
 - Relationships of grace without truth *blow up*.
 - Relationships of truth and grace *grow up*.

- **Secret Three (3): _____ Dependency.** God created mankind to be dependent beings. Each one of us is dependent because God created us that way.

- **Secret Four (4): _____ Communication.** Happy, successful families TALK. They have the ability to COMMUNICATE and to WORK through their problems. Communication is the basis of LIFE and HEALTH!
- Dysfunctional families either don't TALK, won't TALK, or they talk the wrong way.
- **Secret Five (5): Proper Parental _____.**
- A healthy family is characterized by _____ and mutual _____. These elements are present in families where proper parental authority is exercised and practiced.
- God has invested in parents an authority that flows from Him for the purpose of extending His will into their families and beyond. **Matthew 6:10 (NKJV)** – “...Your kingdom come. Your will be done on earth as it is in heaven...”

KEY #6: FOOD + FITNESS

Read Romans 12:1 – 2 (NLT) Presenting our bodies as a “living sacrifice” is a primary, essential act of spiritual worship. God wants transfigured bodies and He wants transformed minds. **WORSHIP** according to Noah Webster's 1828 dictionary is defined as: (1) to respect; to honor; to treat with civil reverence (2) To honor with extravagant love and extreme submission (3) To perform acts of adoration (4) To perform religious service.

- **7 PILLARS OF HEALTH: Proverbs 9:1 (NKJV)** – “Wisdom has built her house, She has hewn out her seven pillars...”
- **PILLAR #1 – _____:** Did you know...? Your body is about 70 percent water; Your muscles are about 75 percent water; Your brain cells are about 85 percent water; Your blood is approximately 82 percent water; Even your bones are approximately 25 percent water
- **PILLAR #2 – _____ AND REST:** Did You Know...? Getting enough sleep will help you to learn new physical skills. Studies have shown that sleep builds procedural memory. What you practice during the day, you continue to learn while you sleep. Lack of sleep is just as disastrous for you as an individual. A bad night's sleep is costly, because it takes a toll on your health.
 - Sleep and rest are so important because of what they do for your health: #1 – Sleep regulates release of important hormones. #2 – Sleep slows the aging process. #3 – Sleep boosts the immune system. #4 – Sleep improves brain function. #5 – Sleep reduces cortisol levels.
- **PILLAR #3 – LIVING FOOD; PILLAR #4 – EXERCISE; PILLAR #5 – DETOXIFICATION; PILLAR #6 – COPING WITH STRESS; PILLAR #7 – NUTRITIONAL SUPPLEMENTS:**
- **BODILY EXERCISE (FITNESS): Read 1 Timothy 4:8 (NKJV)**

