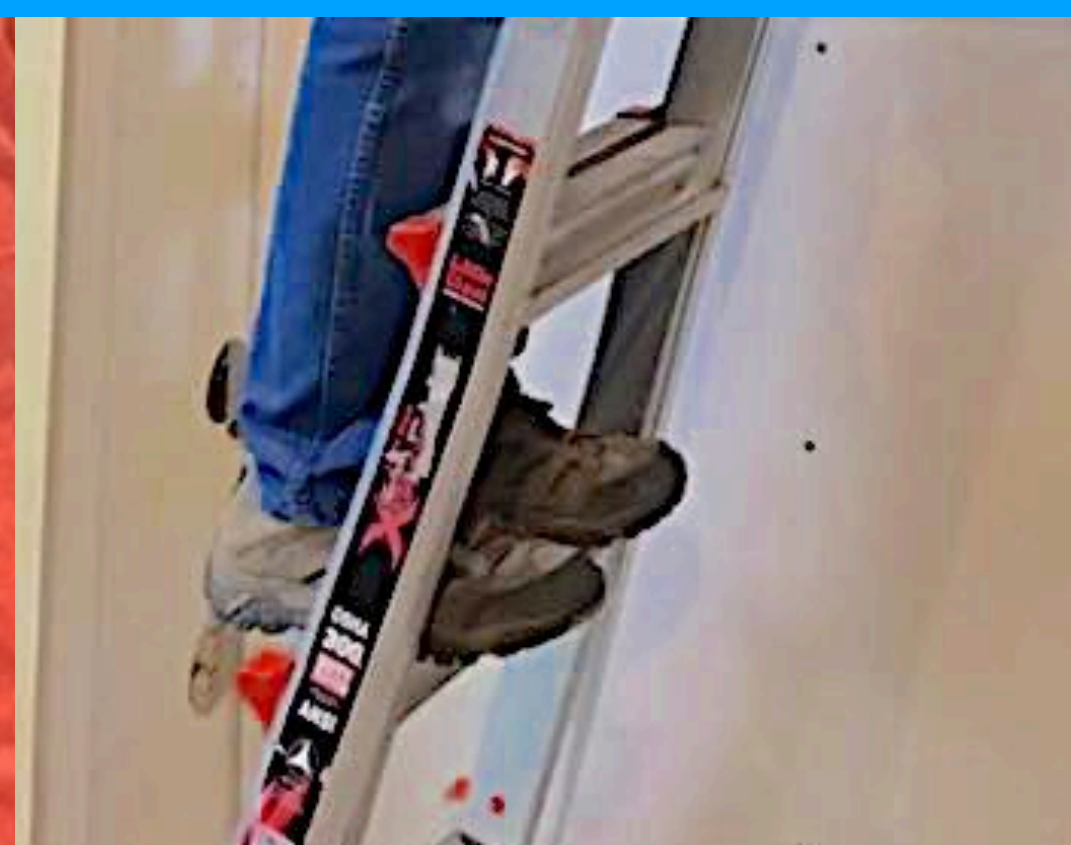




# changing lives



# changing lives

*“This same Good News that came to you is going out all over the world. **It is bearing fruit everywhere by changing lives, just as it changed your lives from the day you first heard and understood the truth about God’s wonderful grace.**”*

*Colossians 1:6*

# changing lives

*“A person with a **changed heart** seeks praise from God, not from people.”*

*Romans 2:29 NLT*

*“And we all... are being transformed into His image with ever-increasing glory, which comes from the Lord, who is the Spirit.”*

*2 Corinthians 3:18 NIV*

# changing lives

*One of the universal desires of human beings is the:*

**Desire to Improve**

# changing lives

*1st Principle of Change*

*The principle of **Dedication**;  
Committing my **Body** to God*

# changing lives

*“Therefore, I urge you, brothers, in view of God’s mercy, to **offer your bodies as living sacrifices** holy and pleasing to God - this is your spiritual act of worship.”*

*Romans 12:1*

# changing lives

***The Bible teaches very clearly that:***

- *God created my body,*
- *Jesus paid for my body,*
- *the Holy Spirit lives in my body,*
- *my body's connected to God's family,*
- *And... one day my body's going to be resurrected.*

# changing lives

*One of the laws of change is this:*

**Change is my choice**



# changing lives

1. I can cleanse my body.

*“Let us purify ourselves from everything that contaminates the body and spirit perfecting holiness out of reverence for God.”*

*2 Corinthians 7:1*

# changing lives

## 2. I can care for my body

*“No one hates his own body but lovingly cares for it just as Christ cares for his body which is the church [the family of God].”*

*Ephesians 5:29*

# changing lives

## 3. I can control my body

*“Each of you should learn to control his own body in a way that is holy and honorable.”*

*1 Thessalonians 4:4*

# changing lives

***I control my body, it doesn't control me.***

*"I discipline my body like an athlete training it to do what it should."*

*1 Corinthians 9:27*

*"75% of the 2.5 trillion dollars of U.S. health care, stems from chronic diseases which can be prevented by lifestyle choices."*