

New Fitness  
All Things New  
January 11, 2026

- Theme: It's a new year with the opportunity to experience a FRESH START through the tools of "21 Days of Prayer and Fasting". - Revelation 21:5 ESV  
- Micah 7:18-19 NIV
- Our physical health matters - 1 Timothy 4:8
  - ✓ God has PLANS for your life - Psalm 23:5-6
  - ✓ We can become FIT for Jesus' use - 2 Timothy 2:20- 21 NIV,  
- 2 Timothy 2:21 MEV
  - ✓ Run away from EVIL - 2 Timothy 2:22
  - ✓ Make a clean BREAK - 2 Corinthians 7:1, 2 Corinthians 7:1 MSG
  - ✓ It's called sanctification - SET APART - 1 Thessalonians 5:23-24
  - ✓ How? Run the play!
    - Church, Small Groups, Relationship Conference, Dream Team
- Things to not carry
  - ✓ ADDICTIONS: Anything I do that I don't want to do - Romans 6:12-14
  - ✓ DEBAUCHERY: Extreme indulgence in sensuality  
- Ephesians 5:18 NIV
  - ✓ Sexual immorality: ALL SEX outside of marriage  
- 1 Thessalonians 4:3-5, 1 Corinthians 6:18-20
- How? - 2 Kings 4:1-6 NKJV
  - ✓ God's work is done through vessels: FIT ONES
  - ✓ EMPTY - It doesn't already have something in it
  - ✓ CLEAN - It isn't contaminated and dirty - Romans 12:1-2