



Life Church Smyrna
 Wednesday, January 10, 2018
 Pastor Christian Salzillo

Ecclesiastes 11:4 “ If you wait for perfect conditions, you will never get anything done.” (Living Bible)

To make a change that lasts, we need **Momentum** and proper **Timing**

“Momentum is status quo’s greatest enemy. Find a way to build momentum and change will come naturally.”

Ecclesiastes 3:1 NIV For everything there is an appointed time, and an appropriate time for every activity on earth:

“Father, what is the change that has been appointed for me for this time?”

“How can I take steps regarding that change to build momentum?”

I. Jump Start Your **Physical Health**

3 John 2 NIV “Dear friend, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.”

A. **Exercise** Better

1 Timothy 4:8 NIV For physical exercise has some value, but godliness is valuable in every way. It holds promise for the present life and for the life to come.

“I’m no math wizard but I can count to three and, as best I can calculate, three steps forward and two steps back is still one step forward. Don’t get discouraged. And don’t quit...” -Beth Moore via Twitter

B. **Eat** Better

Message Notes: Jump Start | Part Two

1 Corinthians 10:31 NIV So whether you eat or drink, or whatever you do, do everything for the glory of God.

“The food we eat is perhaps the single most important influence on our health...We were never meant to eat the sugar, the refined flour, and industrial seed oils that are the mainstay of the American diet...” -Chris Kresser, *The Paleo Cure*

C. **Rest** Better

Mark 6:31-32 NIV Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” So they went away by themselves in a boat to a solitary place.

Psalms 127:2 NIV In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves.

We need to focus both on separating from our activities and work – in such ways as Sabbath rest and the spiritual discipline of solitude – and on our sleep habits.

the big idea: God will help you jump start your physical health so that you can have a better life.



Loving God! Loving People! Loving Life!