

BUILDING THE BODY

Part 4



Muscular
Endurance

1. Healthy vs. Fit

BUILDING
THE
BODY



BUILDING THE BODY

1. Healthy vs. Fit

2. Cardiovascular Endurance

Having new found faith in the church brings new life. A breath of fresh air. Sharing the Good News with the next generation of believers is critical to our existence.

How is your witness?



BUILDING THE BODY

1. Healthy vs. Fit

2. Cardiovascular Endurance

3. Muscular Strength

We need strength to serve. We must exercise our spiritual muscles in service. **Are you gaining strength by regularly exercising your faith through service?** A church grows stronger by having strong members serving.



BUILDING THE BODY

1. Healthy vs. Fit
2. Cardiovascular Endurance
3. Muscular Strength
- 4. Muscular Endurance**



BUILDING THE BODY

1. Healthy vs. Fit
2. Cardiovascular Endurance
3. Muscular Strength
- 4. Muscular Endurance**



BUILDING THE BODY



Muscular Endurance = doing something repeatedly – providing the needed strength to continue for the long haul.

Muscular Endurance =

Christ-Exalting Worship

**BUILDING
THE
BODY**



Muscular Endurance =

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Christ-Exalting Worship



Worship is a major sign of a fit church.

Muscular Endurance =

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Christ-Exalting Worship



Worship is a major sign of a fit church.

**Worship is a where
your spirit meets God's Spirit.**

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Know God – Find Freedom – Discover Purpose – Play a Role

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Worship is a major sign of a fit church.

Worship is
an expression of respect and submission.

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Exodus 4:31

The people believed. And when they heard that the LORD was concerned about them and had seen their misery, **they bowed down and worshiped.**

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Deuteronomy 26:10

I bring the firstfruits of the soil that you,
LORD, have given me."

Place the basket before the LORD your
God and **bow down before Him.**

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Worship is
a sacrifice and obedience,
which is usually seen in service to God.

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Psalm 102:18, 22 NIV

Let this be written for a future generation,
that a people not yet created may praise the LORD:
when the peoples and the kingdoms assemble to
worship the LORD.



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Psalm 102:18, 22 NIV



Let this be written for a future generation,
that a people not yet created may praise the LORD:
when the peoples and the kingdoms assemble to

worship the LORD.

Psalm 102:18, 22

**This shall be written for the generation to come:
and the people which shall be created
shall praise the LORD. When the people are gathered
together, and the kingdoms, to serve the LORD.**

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Music and Worship

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Worship in the Spirit and in truth



John 4:24

God is spirit, and His worshipers must worship in the Spirit and in truth.

Colossians 3:16

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom **through psalms, hymns, and songs** from the Spirit, singing to God with gratitude in your hearts.

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Worship in the Spirit and in truth



2 Timothy 4:2

Preach the word; be prepared in season and out of season; correct, rebuke and encourage--with great patience and careful instruction.

James 1:22

Do not merely listen to the word, and so deceive yourselves. Do what it says.

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Worship is an encounter with God



Isaiah 6:1-8

In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. Above him were seraphim, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying.

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Worship is an encounter with God

Isaiah 6:3-4

And they were calling to one another:

"Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory." At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke.

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Worship is an encounter with God

Isaiah 6:5-6

"Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty."

Then one of the seraphim flew to me
with a live coal in his hand,
which he had taken with tongs from the altar.

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Worship is an encounter with God

Isaiah 6:7-8

With it he touched my mouth and said,
"See, this has touched your lips; your guilt is taken
away and your sin atoned for."

Then I heard the voice of the Lord saying,
"Whom shall I send? And who will go for us?"
And I said, "Here am I. Send me!"

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Christ-Exalting Worship

Your Worship

- Do you put in little **effort**?
- How much **thought** do you give to **preparing** for worship?
- Do you have a **plan of action**?



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Your Worship



- Have you **evaluated** your **worship**?
- What **ingredients** are in your worship?
- Have you **left** any ingredients **out**?
- How is my **attitude** towards worship?

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Your Worship



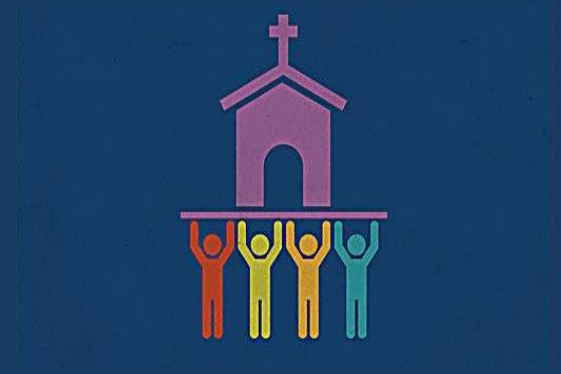
- Is your worship **genuine**?
- Who is your **audience**?
- Who have you **invited, mentored**?
- Are you **maturing** in your faith thru worship?

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Your Worship



- What is the **outcome** of your worship?
- Are you **eager** to come?

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Part 4

Muscular
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Part 5

Flexibility

