



# BATTLE READY & YOUR BODY

## KEY TAKE-AWAYS:

- The body's role in LifeMission
- How body fitness influences Mind, Soul, and Spirit
- Maximizing function/mobility until death

**ADDITIONAL RESOURCE:** Eat, Move, Sleep, Tom Rath

## SUMMARY

In this quartile of the Personal Realm, it's essential to understand what God says about your physical body. Too often, religious voices offer a collection of sin-related restricted physical behaviors but seldom provide biblically sound advice for healthy fitness.

Our **BATTLE READY** transformation goal is to fulfill the work Jesus has given us, extending our functional health to the day we die. Doing this will require establishing many new habits around health. Start by replacing or modifying just one poor routine for your health today.

For health, every new habit you create will be in eating, moving, and sleeping. Your body is the foundation of the Personal Realm. If your body is continually unhealthy, it disrupts your thinking, relationships, and spiritual health. Make your body a contributing asset to **BATTLE READY**, not an anchor.



# DISCUSSION

1. List a habit that is currently providing you with physical fitness.

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2. List a habit that is holding you back.

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3. List what you need to know to change this habit. What's the cue/  
reward?

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4. List a new habit you desire to add to promote physical fitness.

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## **BATTLE READY Living:**

- The ability to track and change your habits around eating, moving, and sleeping to promote functional longevity.
- The ability to make healthy routines “sticky” so they are maintained and improved over time.



# BATTLE READY & YOUR MIND

## KEY TAKE-AWAYS:

- Your Mind is the bridge between the earthly and heavenly plains
- True wisdom is putting into practice the teachings of Jesus.
- Without Mind renewal, there can be no transformation.
- The key difference between knowing and doing is a transformation of the Mind.

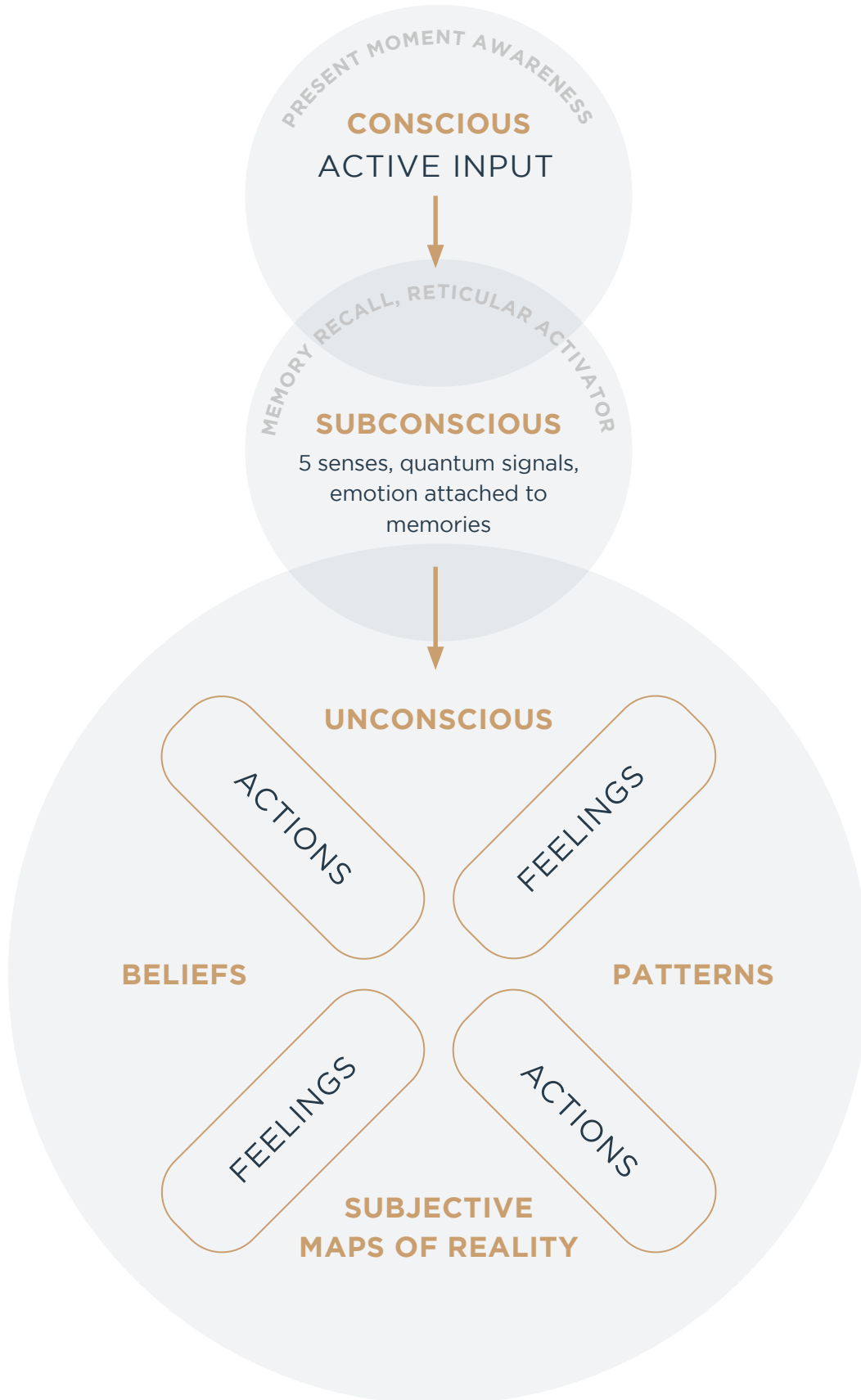
**ADDITIONAL RESOURCE:** Matthew 7:24-27, Romans 12:1-2

## SUMMARY

Our mind is arguably the most powerful and untapped resource we have. In our imagination, we can be anyone, go anywhere, and even travel through time. Our Minds are outside our brains because as our body dies, our memories live on into eternity with God. Our Mind is where most of us connect with the Trinity, hearing their voice and sensing their presence. It all starts with how you think. What is your Mind's focus? Tell me what your Mind's focus is, and I will tell you where you're going. Your thoughts eventually turn into your destiny!

### **THOUGHT > ACTION > HABIT > CHARACTER > DESTINY**

The pinnacle of intellectual fitness is wisdom. Wisdom knows how to speak and act at just the right time. How do you gain wisdom? Jesus' recipe for wisdom is to hear His words and put them into practice. Even more revealing is His message about those who hear His words and do not put them into practice; they are fools! The most important lesson from Jesus' parable is that knowing is not necessarily doing. Every time we hear the good news of Jesus' teaching, we are at risk of not doing it and becoming foolish.





# DISCUSSION

1. List a thought habit or mindset that is currently helping you live the teaching of Jesus.

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2. List a thought habit or mindset that is working against you.

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3. List what you need to know to change this habit. What's the cue/reward?

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4. List a new habit you desire to replace this thought habit or mindset.

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## **BATTLE READY** Living:

- The ability to become wise by knowing Jesus' teaching and strategically putting each one into practice over time.



# BATTLE READY & YOUR SOUL

## KEY TAKE-AWAYS:

- Your Soul health is equal to the health of your relationships
- People are image bearers of your King; treat them as such
- You cannot love God without practicing the love of people

## SUMMARY

You may not know this, but the term Soul represents our body, mind, emotions, and beliefs and projects energy onto those around us. How we care for our Soul will impact our relational fitness. Your soul health will equal the sum of your relationship's health. To grow in Soul health requires us to get good at loving ourselves and others. Each person encountered bears the image of our King. They have been wonderfully created from His DNA and for His purposes, just as I have. Participating in God's Kingdom is to engage your purpose with His people. We cannot love God if we do not love people (1 John 20-21).



## SEVEN EVIDENCES OF RELATIONAL FITNESS

To gauge our ability to love people, we use biblical principles of relationship.

- 1. Compassion:** The ability to connect in a caring way with the feelings of another, usually at their moment of greatest need.
- 2. Availability:** The decision to value being with another person because of their inherent value and to seek the chance to be with them to place yourself in service.
- 3. Forgiveness:** The willingness to relinquish your pursuit of justice in response to the decision of a person who has wronged you.
- 4. Encouragement:** The commitment to instill in another person hope and to act beyond their fears and sense of insufficiency to appropriate all that God intends to do in, for, and through them.
- 5. Honor:** The readiness to direct applause toward those who deserve it while resisting the temptation to seek or accept it for yourself.
- 6. Acceptance:** The choice to value and harmonize with other people who are different from you (within the bounds of the Bible).
- 7. Submission:** The capacity to defer to the authority or needs of another person instead of demanding the position of preference for yourself.



# DISCUSSION

1. List a thought habit that is currently providing you with relational fitness.

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2. List a thought habit that is holding you back.

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3. List what you need to know to change this habit. What's the cue/reward?

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4. List a new habit you desire to add to promote relational fitness.

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## **BATTLE READY** Living:

- The ability to continually exercise the Seven Evidences of Relational Fitness.





# BATTLE READY & YOUR SPIRIT

## KEY TAKE-AWAYS:

- Each member of the Trinity is connecting to your Spirit.
- Your Spirit dwells in the Father and Christ.
- Your thoughts are to originate from the Holy Spirit.
- Spiritual fitness is the ongoing practice of living in close communication with God.

## SUMMARY

According to research conducted by the Barna Group, many churchgoers and clergy struggle to articulate a basic understanding of spiritual maturity. People aspire to be spiritually mature but don't know what it means. What is the goal or the outcome of the process of spiritual maturity? For **BATTLE READY**, we define spiritual maturity as the following:

1. It's NOT following rituals; it's following Jesus.
2. It's exercising your connection with the Trinity.
3. It's the realization and practice of living who you are in Christ.
4. Evidence of Spiritual Maturity is increasing amounts of one's Spirit exercising control over the Mind, Soul, and Body.





# DISCUSSION

1. List a habit that is currently providing you with spiritual fitness.

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2. List a spiritual habit or mindset that is working against you.

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3. List what you need to know to change this habit. What's the cue/reward?

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4. List a new habit you desire to add to promote spiritual fitness.

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## **BATTLE READY Living:**

- The practice of dwelling in and experiencing the Trinity.
- Ensuring that your Spirit leads your Mind, Soul, and Body.
- The ability to hear/sense God's voice (aligned with scripture) and reproduce what He says.