

Total Fitness

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## **Proverbs 3:13-26**

- <sup>13</sup> Blessed is the one who finds wisdom,  
and the one who gets understanding
- <sup>14</sup> for the gain from her is better than gain  
from silver and her profit better than gold.
- <sup>15</sup> She is more precious than jewels, and  
nothing you desire can compare with her.

<sup>16</sup> Long life is in her right hand;  
in her left hand are riches and honor.

<sup>17</sup> Her ways are ways of pleasantness,  
and all her paths are peace.

<sup>18</sup> She is a tree of life  
to those who lay hold of her;  
those who hold her fast are called blessed.

<sup>19</sup> The Lord by wisdom founded the earth; by  
understanding he established the heavens;  
<sup>20</sup> by his knowledge the deeps broke open,  
and the clouds drop down the dew.

<sup>21</sup> My son, do not lose sight of these—  
keep sound wisdom and discretion

<sup>22</sup> and they will be life for your soul  
and adornment for your neck.

<sup>23</sup> Then you will walk on your way  
securely, and your foot will not stumble.

<sup>24</sup> If you lie down, you will not be afraid;  
when you lie down, your sleep will be sweet.

<sup>25</sup> Do not be afraid of sudden terror  
or of the ruin of the wicked, when it comes,

<sup>26</sup> for the Lord will be your confidence  
and will keep your foot from being caught.

# Tree of life

Length of days and years of life... peace...  
favor and good success... healing...  
refreshment... filled with plenty...  
blessed... long life... riches and honor...  
pleasantness... peace... tree of life...  
blessed... life for your soul... adornment...  
secure... not afraid... sweet sleep... no  
fear... for the Lord will be your confidence.

# Abundant life

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. (John 10:10)

The glory of God is man fully alive.  
(Irenaeus)

Whoever trusts in his riches will fall, but the righteous will flourish like a green leaf. (Proverbs 11:28)



# Flourishing

He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. (Psalm 1:3)

The righteous flourish like the palm tree... they flourish in the courts of our God. They still bear fruit in old age; they are ever full of sap and green. (Psalm 92:12-14)

# Fitness facts

- Total fitness involves the total person. Each area of life affects other areas.
- Total fitness is not something you can just name and claim. Each area of fitness grows through wisdom and discipline.
- Much remains beyond our control. But wisdom shows the best available path.

# Total Fitness

- Spiritual
- Physical
- Financial
- Intellectual
- Emotional
- Relational
- Vocational

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# Get wisdom!

- Revere Ruler
- Treasure truth
- Keep commands
- Research reality
- Accept advice
- Ponder path

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# Stupid suffering

Since you ignored all my advice and would not accept my rebuke, I in turn will laugh at your disaster; I will mock when calamity overtakes you. (Proverbs 1:25-26)

How is it to your credit if you receive a beating for doing wrong? (1 Peter 2:20)

# Smart suffering

If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. If you suffer, it should not be as a murderer or thief or any other kind of criminal, or even as a meddler. However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name. (1 Peter 4:14-16)



# Hundredfold

Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the gospel, who will not receive a hundredfold now in this time, houses and brothers and sisters and mothers and children and lands, with persecutions, and in the age to come eternal life. (Mark 10:29-30)

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