



February 10, 2008

## The 4 Essentials Of An Energetic Life

*(How to keep what you'd pay a fortune to  
get back once you lose it)*

(SERIES: **Finding My Motivation: 06 of 06**)  
by Dr. David Foster

"Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never!" "Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." But he who unites himself with the Lord is one with him in spirit. Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a **temple of the Holy Spirit**, who is in you, whom you have received from God? You are not your own; you were bought at a price. **Therefore honor God with your body.**"  
(Cor 6:15-20)

### 4 Reasons to Care

#### Because of **Who created it.**

". . .the LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being." (Gen 2:7)

#### Because of **what it carries.**

"Then God said, 'Let us make man in **our image, in our likeness**, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.' So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.'" (Gen 1:26)

#### Because of **Who it houses.**

"Don't you know that you yourselves are God's temple and that **God's Spirit lives in you?**" (1 Cor 3:16)

Sign up for weekly updates @ [www.thegatheringfranklin.com](http://www.thegatheringfranklin.com)

#### Because of **where it is going.**

". . .the dead will be raised imperishable, and we will be changed. For the perishable must clothe itself with the imperishable, and the mortal with immortality. When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: 'Death has been swallowed up in victory.'  
(1 Cor 15:51)

### 4 Essentials Of An Energetic Life

#### Essential #1; I eat to live, **not live to eat.**

"Then he lay down under the tree and fell asleep. All at once an angel touched him and said, 'Get up and eat.' He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again." (1 Ki 19:5)

#### Essential #2; I retreat to rest **regularly.**

"In fact, no one can enter a strong man's house and carry off his possessions unless he first ties up the strong man. Then he can rob his house." (Mark 3:27)

#### Essential #3; I **schedule** regular exercise.

"So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God." (1 Ki 19:8)

#### Essential #4; I ruthlessly maintain my **core connections.**

"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. As the Father has loved me, so have I loved you. Now remain in my love."  
(John 15:5-9 NIV)

Read Dr. Foster's daily blog @ [www.davidfoster.tv](http://www.davidfoster.tv)