

**ENERGY-LOGY: Espresso Yourself**  
Body for God Part 5 of 5

*THE FOCUS OF A BODY FOR GOD—ENERGY*

Paul (Acts 20) - That's what I'm working so hard at day after day, year after year, doing my best with the energy God so generously gives me. I want you to realize that I continue to work as hard as I know how for you, and also for the Christians over at Laodicea. Not many of you have met me face-to-face, but that doesn't make any difference. Know that I'm on your side, right alongside you. You're not in this alone.

*(Col 1:29-2:1; The Message)*

But because God was so gracious, so very generous, here I am. And I'm not about to let his grace go to waste. Haven't I worked hard trying to do more than any of the others? Even then, my work didn't amount to all that much. It was God giving me the work to do, God giving me the energy to do it.

*(1Cor 15:10; The Message)*

David - In your strength I can crush an army; with my God I can scale any wall.

*(2 Sam 22:30; NLT)*

For by You I can run upon a troop; By my God I can leap over a wall.

*(2 Sam 22:30; NASV)*

Stephen - brimming with God's grace and energy, was doing wonderful things among the people, unmistakable signs that God was among them.

*(Acts 6:8; The Message)*

Jesus "endured" the cross (Heb 12:2)—required energy

**WHAT ABOUT US?**

Each of us has a mission. The mission takes ENERGY. Jesus described the church he was building like this:

And now I'm going to tell you who you are, really are. You are Peter, a rock. This is the rock on which I will put together my church, a church so expansive with energy that not even the gates of hell will be able to keep it out. *(Mat 16:18; The Message)*

...live the rest of the time in the flesh no longer for the lusts of men, but for the will of God. For the time already past is sufficient *for you* to have carried out the desires of godless people—having pursued a course of sensuality, lusts, drunkenness, carousing, drinking parties and abominable idolatries. *(1 Peter 4:2-3)*

**KEYS TO MAXIMIZING YOUR ENERGY**

I discipline my body like an athlete, training it to do what it should.

*(1 Cor 9:27; NLT)*

1. \_\_\_\_\_  
a. \_\_\_\_\_ you eat—\_\_\_\_\_;

\_\_\_\_\_;  
Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.

*(Prov 23:20; NIV)*

Regarding energy, the following can be a problem:

- Caffeine      • Refined sugar
- b. \_\_\_\_\_ you eat—\_\_\_\_\_!
- c. \_\_\_\_\_ you eat
  - indulgence/medication      • hunger      • habit      • energy

2. \_\_\_\_\_
- a. Exercise (movement)
  - b. Strength
  - c. Refreshment, WELL-BEING (endorphins)
  - d. Stress relief
  - e. Sleep aid
  - f. Discipline

Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart.

*(1 Tim 4:8-9; Message)*

g. *Addictive*—habit forming

3. \_\_\_\_\_
- a. PHYSICAL recovery—\_\_\_\_\_
  - b. EMOTIONAL recovery—\_\_\_\_\_
  - c. SPIRITUAL recovery—\_\_\_\_\_
    - prayer      • Bible reading      • worship

4. \_\_\_\_\_
- a. Planning
    - 1. focus      2. intentionality      3. making space
  - b. Accountability
  - c. Establish the value

5. \_\_\_\_\_
- a. Endurance
  - b. Mentality of IMPROVEMENT
  - c. Try to improve 1% daily
  - d. It's a journey NOT a destination

**THE ENERGY OF THE HOLY SPIRIT**

Oh, the utter extravagance of his work in us who trust him—endless energy, boundless strength! All this energy issues from Christ. *(Ephesians 1:19-20a)*

That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure. *(Philippians 2:13)*

**CONCLUSION:**

Oh! May the God of green hope fill you up with joy, fill you up with peace, so that your believing lives, filled with the life-giving energy of the Holy Spirit, will brim over with hope! *(Romans 15:13)*

Because we know that this extraordinary day is just ahead, we pray for you all the time—pray that our God will make you fit for what he's called you to be, pray that he'll fill your good ideas and acts of faith with his own energy so that it all amounts to something. *(2 Thessalonians 1:11)*