

## **Fit4Ever: Live a Fit Life**

*“...Take your everyday, ordinary life... And place it before God as an offering... Don't become so well adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out...”* – Romans 12:1-2 (MSG)

A friend of mine has a huge sign on his office door that quotes a saying his father lived out: “Life is God’s gift to you... What you do with it is your gift back to God.” It serves as a constant reminder that every day and every decision really matters — even the small stuff. But most of us have bought into the “everything in moderation” lie. I’m not sure where that phrase came from, but we should bury it once and for all. When it comes to living a life worthy of the Lord and pleasing Him in every way (Col. 1:10), moderation fails.

### **Bible Reference:**

Hebrews 4



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