

# ***SoulFlex: Get Fit For Life***

## **“Are You Committed?”**

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### ● **Living Without Sabbath**

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? ... So you must honor God with your body. (I Cor. 6:19-20)

Dear brothers and sisters, we can't help but thank God for you, because your faith is flourishing and your love for one another is growing. (II Thes. 1:3)

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” (I Tim. 4:8)

### ● **The Essence of Sabbath**

The people of Israel must keep the Sabbath day by observing it from generation to generation. This is a covenant obligation for all time ...

“For in six days the LORD made heaven and earth, but on the seventh day he stopped working and was refreshed.” (Ex. 31:16-17)

### ● **Experiencing Sabbath**

- **Eliminate Bad Things**
- **Reduce Good Things**
- **Pursue the Best Things**

## **The Valley of Vision**

LORD, high and holy, meek and lowly,  
Thou hast brought me to the valley of vision,

Where I live in the depths but see Thee in  
the heights;  
Hemmed in by mountains of sin I behold Thy  
glory.

Let me learn by paradox  
That the way down is the way up,  
That to be low is to be high,

That the broken heart is the healed heart,  
That the contrite spirit is the rejoicing spirit,

That the repenting soul is the victorious soul,  
That to have nothing is to possess all,

That to bear the cross is to wear the crown,  
That to give is to receive,  
That the valley is the place of vision.

Lord, in the daytime, stars can be seen from  
deepest wells,  
And the deeper the wells the brighter Thy  
stars shine;

Let me find Thy light in my darkness,  
Thy life in my death,  
Thy joy in my sorrow,

Thy grace in my sin,  
Thy riches in my poverty,

Thy glory in my valley.