

# Jump Start 2013: Get Fit

**2 Timothy 3:16-17 (NLT)** All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.

**(17)** God uses it to prepare and equip his people to do every good work.

## 1. I have to use the right equipment: God's Word

"All Scripture is inspired by God"

**2 Peter 1:20-21(NLT)**...you must realize that no prophecy in Scripture ever came from the prophet's own understanding, or from human initiative. **(21)** No, those prophets were moved by the Holy Spirit, and they spoke from God.

**Psalms 33:4 (NCV)** God's word is true, and everything he does is right.

**Isaiah 40:8 (NIV)** The grass withers and the flowers fall, but the word of our God stands forever."

## 2. I have to use the equipment correctly:

"is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right."

It's true- **John 17:17 (NCV)** Make them ready for your service through your truth; your teaching is truth

Corrects us-**Psalms 119:11(NLT)** I have hidden your word in my heart, that I might not sin against you.

Teaches us-**Psalms 119:105(NLT)** Your word is a lamp to guide my feet and a light for my path.

## 3. Unlike some money back guarantees: The results are proven and worth it

"God uses it to prepare and equip his people to do every good work."

**Hebrew 4:12 (NCV)** God's word is alive and working and is sharper than a double-edged sword. It cuts all the way into us, where the soul and the spirit are joined, to the center of our joints and bones. And it judges the thoughts and feelings in our hearts.

**Isaiah 55:10-11 (Msg.)** Just as rain and snow descend from the skies and don't go back until they've watered the earth, Doing their work of making things grow and blossom, producing seed for farmers and food for the hungry, **(11)** So will the words that come out of my mouth not come back empty-handed. They'll do the work I sent them to do, they'll complete the assignment I gave them.

**Colossians 2:13 (NIV)** for it is God who works in you to will and to act according to his good purpose.