

January 16, 2013

“New Year’s Challenge: Be Physically Fit”

1 Corinthians 6:19-20

“Don’t you know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. Therefore glorify God in your body.”

- I. The Importance of Sanctuaries: Tabernacle and Temple**

- II. The Downside of Poor Maintenance**

- III. How Do we Glorify God?**
 - a. By being physically fit**

 - b. Through our mouth**

 - c. With our minds**

 - d. In our activities**

Please be apprised that we are working to provide options for you for lunch at Highpoint. We plan to have food (not bar-b-que) for you all this month. Please sign up for our weekly email as that is our best way to let you know what is happening and what the lunch service will be.

You can follow David on Twitter @ DavidJSelf or visit our website if you miss a lesson or for more information at: www.houstonsfirst.org/highpoint, if you go to Downloads you can find the audio file and listening guide for each week. You may also sign up for our weekly email list there. Feel free to forward this invitation to a friend. See you there!

Upcoming High Point Speakers:

David Self

1/23, 1/30; 2/13, 2/20, 2/27;

3/6, 3/13, 3/20

Jerrell Altic

2/6