

# *"Fit for Life"* Bible Study

Written by Nicol M. Epple  
Copyright 2004

1. **BEGINNING ANEW-Jeremiah 29:11**
  - 1- *New Beginning- Isaiah 43:18-19*
  - 2- *Words of Life- John 6:68*
  - 3- *Transformed- Romans 12:2*
  - 4- *All of You- 1Thes. 5:23*
  - 5- *Expect Big Things- Ephes.3:20-21*
  
2. **THE PROBLEM EATER- 2Peter 2:19**
  - 1-*survey*
  - 2-*survey*
  - 3-*In Bondage- 2Peter 2:19*
  - 4-*Overindulgence-Gluttony- Prov.30:22-23*
  - 5- *A Heart Issue- Matthew 15:10*
  
3. **HOPE- Psalms 71:14**
  - 1-*A Blessed, Green Tree-Jer.17:7-8*
  - 2-*Hope In His Mercy- Psalm 147:10-11*
  - 3-*A Tree of Life- Psalm 13:12*
  - 4- *Hope Is Patient-Romans 8:25*
  - 5-*Laboring with HOPE-1Cor. 15:57-58*
  
4. **PUTTING FOOD IN ITS PROPER PLACE-  
1Corinthians10:31**
  - 1-*Filled But Not Overfull- Ex.16:4*
  - 2-*Not By Bread Alone-Matt.4:4*
  - 3-*Provision-Matt.6:11*
  - 4-*Good Food-Psalm 103:5*

*5-Enjoyment and Moderation-Proverbs 24:13*

**5. SURRENDER-Psalms 56:9**

*1-Our Deliverer-Romans 7:25, 8:1*

*2-Humility-James 4:10*

*3-A Jealous Love-James 4:5-6*

*4-Surrender-Exodus13:18*

*5-Relying on the Lord-2Chron. Chap. 14, 15, 16*

**6. CHOICES-Deuteronomy 30:19**

*1-Choosing Life-Deut.30:19*

*2-Counting the Cost-Prepare-Luke 14:28*

*3-Plan-Romans 13:13-14*

*4-Make Choices For Better Rewards-Heb.11:2-27*

*5-Diligence-Col.3:17*

**7. OBEDIENCE-Romans 13:14**

*1-Go Forward!- Exodus 4:5*

*2-Work Out- Phil.2:12-13*

*3-Be Doers- James 1:22*

*4-Doing What Is Good- Rom. 7:18*

*5-Put On the Lord Jesus- 13:14*

**8. TEMPTATION-1Corinthians 10:13**

*1- Stand!-Ephes.6:13-14 2-Cut It Off!-James 1:12-15*

*3- What Did Jesus Do When Tempted?-Luke 4:1-13*

*4- A Way of Escape-1Cor.10:13*

*5-Count It All Joy!-James 1:2-4*

**9. ATTITUDES-Proverbs 23:7**

*1-Humility-Matt. 11:28-30*

*2-Forgiveness-Col.3:12-14*

*3-Honesty-Psalm 62:8*

*4-Dependence-John 15:5*

*5-Peaceful Thinking*

**10. DISCIPLINES-Ephesians 5:16**

*1-Fasting-Matthew 6:16-18*

*2-Prayer-Rev. 3:20*

*3-Run the Race-Endurance-Hebrews 12:1-2*

*4-Temperance-1Corinthians9:24-27*

*5-Perseverance-Psalms 37:23-24*

**11. OUR SELF IMAGE**

*1-What Does Your Mirror Say?- Psalm 139*

*2-The Effects of an Unbalanced Self Esteem-Eccles. 7:18*

*3-Honest Assessment-Romans 12:13, Gal. 6:3,4*

*4-Self Acceptance*

*5-Who Are You in Christ?- 1Sam.16:7*

**12. BEAUTIFUL YOU**

*1-Look Upon Your Heart- 1Sam.16:7*

*2- Desires of Your Heart- Psalm 37:3-4*

*3- Bodily Exercise and Godliness Both Profit- 1Tim.4:18*

*4- Adornment-1Peter 3:3,4*

*5-Your Wonderful Body-Psalm 139:14*

**13. PEACEFUL LIVING-Isaiah 26:3**

*1-Time of Solitude-Mark 1:35*

*2-Get Into Nature-Psalm 19:1*

*3-Restful Sleep-Psalm 127:2*

*4-Contentment-1Tim.6:6*

*5-Peace and Joy-John 14:27*

**14. WALKING IN FREEDOM-John 8:36**

*1-Physically Satisfied- Ruth 2:14*

*2-Master Over Food-1Cor.6:12*

*3-Know Your Weaknesses*

*4-Stand Fast In Christ's Liberty- Gal.4:8-9*

*5-Sharing Your Victory With Others-Psalm 26:7*