

After the death of Moses the servant of the LORD, the LORD said to Joshua son of Nun, Moses' aide: "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses. Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." **Joshua 1:1-9 (NIV)**

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? **1 Corinthians 6:19 (NASB)**

IF I'M GOING TO STRENGTHEN MY PHYSICAL CORE, I'VE GOT TO...

1. _____ TO CHANGE

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind...

Romans 12:1-2 (ESV)

2. TAKE THE _____

If you wait for perfect conditions, you will never get anything done. **Ecclesiastes 11:4 (NLT)**

3. KEEP MY EYES _____ OF ME, NOT _____ ME

For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ. **Galatians 1:10 (ESV)**

But they are only comparing themselves with each other, using themselves as the standard of measurement. How ignorant! **1 Corinthians 10:12b (NLT)**

4. _____ GOD TO DO HIS PART

But the LORD said to Joshua, "I have given you Jericho, its king, and all its strong warriors. You and your fighting men should march around the town once a day for six days. Seven priests will walk ahead of the Ark, each carrying a ram's horn. On the seventh day you are to march around the town seven times, with the priests blowing the horns. When you hear the priests give one long blast on the rams' horns, have all the people shout as loud as they can. Then the walls of the town will collapse, and the people can charge straight into the town." **Joshua 6:2-5 (NLT)**

Jesus - "With man this is impossible, but with God all things are possible."
Matthew 19:26 (ESV)

5. WHEN I _____, _____

The godly may trip seven times, but they will get up again. **Proverbs 24:16 (NLT)**