
'Fitness Tips from Jesus'

Know the Real Jesus

Luke 9:51-62 ESV

⁵¹When the days drew near for Him to be taken up, He set His face to go to Jerusalem. ⁵²And He sent messengers ahead of him, who went and entered a village of the Samaritans, to make preparations for him. ⁵³But the people did not receive him, because his face was set toward Jerusalem. ⁵⁴And when his disciples James and John saw it, they said, "Lord, do you want us to tell fire to come down from heaven and consume them?" ⁵⁵But he turned and rebuked them. ⁵⁶And they went on to another village. ⁵⁷As they were going along the road, someone said to him, "I will follow you wherever you go." ⁵⁸And Jesus said to him, "Foxes have holes, and birds of the air have nests, but the Son of Man has nowhere to lay his head." ⁵⁹To another he said, "Follow me." But he said, "Lord, let me first go and bury my father." ⁶⁰And Jesus said to him, "Leave the dead to bury their own dead. But as for you, go and proclaim the kingdom of God." ⁶¹Yet another said, "I will follow you, Lord, but let me first say farewell to those at my home." ⁶²Jesus said to him, "No one who puts his hand to the plow and looks back is **fit** for the kingdom of God."

Fit disciples of Jesus embrace the disciplines of being:

1. **Passionate** in mercy not retribution when rejected **v51-56**
2. **Persevering** in will & mindset despite hardships **v57-58**
3. **Proclaiming** amidst distractions/responsibilities **v59-60**
4. **Plowing** in ministry field looking forward not back **v61-62**

³Most importantly, I want to remind you that in the last days scoffers will come, mocking the truth and following their own desires. ⁴They will say: What happened to the promise that Jesus is coming again? From before the times of our ancestors, everything has remained the same since the world was first created. ⁵They deliberately forget that God made the heavens long ago by the word of his command, and he brought the earth out from the water and surrounded it with water. ⁶Then he used the water to destroy the ancient world with a mighty flood. ⁷And by the same word, the present heavens and earth have been stored up for fire. They are being kept for the day of judgment, when ungodly people will be destroyed. ⁸But you must not forget this one thing, dear friends: A day is like a thousand years to the Lord, and a thousand years is like a day. ⁹The Lord isn't really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent. ¹⁰But the day of the Lord will come as unexpectedly as a thief. Then the heavens will pass away with a terrible noise, and the very

elements themselves will disappear in fire, and the earth and everything on it will be found to deserve judgment. ¹¹Since everything around us is going to be destroyed like this, what holy and godly lives you should live, ¹²looking forward to the day of God and hurrying it along. On that day, He will set the heavens on fire, and the elements will melt away in the flames. ¹³But we are looking forward to the new heavens and new earth he has promised, a world filled with God's righteousness. ¹⁴And so, dear friends, while you are waiting for these things to happen, make every effort to be found living peaceful lives that are pure and blameless in his sight. ¹⁵And remember, our Lord's patience gives people time to be saved. This is what our be-loved brother Paul also wrote to you with the wisdom God gave him—¹⁶speaking of these things in all of his letters

2 Peter 3:3-16 NLT