

BE F.I.T. IN YOUR WORSHIP

PSALM 113:1-5

I. Who: Obviously it's the Lord. (1)

II. What: Praise - Worship - Honor - Glory.

Cf. Ps. 29:2

- Not a spectator event.
- He wants your heart. Is. 29:13
- Unlimited expressions.

Gen. 21:5-6

Psalm 134:2

I Kings 18:8-9

Psalm 47:1-7

Psalm 149:3

Psalm 95:6

Isaiah 55:12

Psalm 98:1-9

I Timothy 2:8

Psalm 119:120

Romans 12:1

Psalm 134:2

III. When: 24/7. (2)

IV. Where: Wherever you are! (3)

V. Why: There is no one like Him. (4-5)

Challenge:

1. QR Code

7 devotions

2. Fast

See back of outline

John 4:13-30

Acts 13:2-3

Isaiah 58:1-14

Luke 4:1-10

Nehemiah 9:1-3

Ezra 8:21-23

- Worship is a portal by which you give your heart to God.

Fasting benefits by time



Digestive phase

- Body absorbs and breaks down your last meal
- Insulin rises; using glucose for energy



Stable energy phase

- Blood sugar starts to drop slowly
- Insulin begins to decline
- Glucose is still the main fuel



Glycogen depletion

- Liver glycogen stores slowly get used up
- Body signals shift toward fat-burning



Fat burning begins

- Ketones start to form as fat becomes primary fuel
- Metabolism becomes more efficient
- Insulin sensitivity improves



Autophagy kicks in

- Autophagy = cellular cleanup. Damaged cells begin to be broken down and recycled
- Growth hormone rises; inflammation drops, preserving muscle + boosting fat metabolism
- Inflammation starts to fade



Deep repair & immune boost

- Cellular repair intensifies
- Old immune cells are cleared + replaced
- Cognitive and immune function may improve

48-72
hours

Stem cell renewal

- Stem cells activate
- Body initiates a deep cellular and immune system reset

Flourish | Pastor Dudley Rutherford | June 13 & 14, 2026

Sermons, books, and other resources available at LiftUpJesus.com



DudleyRutherford



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