

God's Prescription for Life's Demands

Part 3: LET'S GET PHYSICAL

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 2

You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19b-20

HOW TO IMPROVE YOUR PHYSICAL HEALTH

I. Cultivate Healthy Attitudes Toward Your Body

Unhealthy Attitudes:

- * You REJECT your body
- * You PERFECT your body
- * You NEGLECT your body

Healthy attitudes: RESPECT it, and
PROTECT it.
~ Psalm 139:14 ~

II. Take Steps to Change!

Why should I take better care of my body?

Physical Reasons:

- * I'll FEEL better.
- * I'll LOOK better.
- * I'll LIVE longer.

Spiritual Reasons:

1. God MADE my body. Psalm 139:13-16
2. Jesus PAID for my body. 1 Cor. 6:19-20
3. The Holy Spirit LIVES in my body. 1 Cor. 3:16

III. Follow God's Principles for Healthy Living :

...pay attention to what I say; listen closely to my words ... for they are life to those who find them and health to a man's whole body. Prov. 4:20-21

1. MAINTAIN A HEALTHY WEIGHT .

Don't drink too much wine and get drunk; don't eat too much food and get fat. Drunks and gluttons will end up on skid row, in a stupor and dressed in rags. Proverbs 23:20-21 (Message)

2. BALANCE YOUR DIET .

"Everything is permissible for me" – but not everything is beneficial.
"Everything is permissible for me" – but I will not be mastered by anything.
"Food is for the stomach and the stomach for food" – but God will destroy them both. 1 Cor. 6:12-13a

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31 (See also Daniel 1:8-16)

3. SCHEDULE TIMES OF REGULAR EXERCISE .

Physical exercise has some value... 1 Timothy 4:8 (NLT)

I discipline my body like an athlete, training it to do what it should.

1 Corinthians 9:27 (NLT)

A common Excuse:

A common Mistake:

4. GET ENOUGH REST .

It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?

Psalm 127:2 (Message)

Then, because so many people were coming and going that they did not even have a chance to eat, he [Jesus] said to them, "Come with me by yourselves to a quiet place and get some rest." Mark 6:30-32

5. REDUCE OR AVOID DRINKING ALCOHOL .

Don't be drunk with wine, because that will ruin your life. Instead, let the Holy Spirit fill and control you. Ephesians 5:18 (NLT)

(See also Proverbs 23:29-35, Romans 14:21)

6. BE IN SYNC WITH GOD.

A heart at peace gives life to the body, ... Proverbs 14:30

So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going to work, and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Romans 12: 1 (Message)