

LIVING IN GOD'S HOUSE
Healthy Living in God's House
1 Timothy 4:1-16
Eric Hoehn

Introduction

Question: What HABITS should we EMBRACE to live a healthy life in God's house?

Main Point

Healthy Living in God's House boils down to DIET and EXERCISE.

Health Habit 1: We should avoid JUNK FOOD.

Health Habit 2: We should EAT WELL and EXERCISE.

Principle: Grace is opposed to EARNING not EFFORT.

Principle: Some truths can only be fully understood in the context of OBEDIENCE.

Application: We should get a HANDLE ON IT.

Summary

A recent study of heart bypass patients revealed that most return to unhealthy habits very soon after they have recovered from their procedure. It is true that when we place our faith in Jesus, we receive a new heart. But are there things we are doing that may clog our spiritual arteries? What habits should we embrace to live a healthy life in God's house?