

## IMAGINE – Physical Health

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. 5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 2 Corinthians 10:4-5

### **THE CHALLENGE**

For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. Galatians 5:17

**GOD CREATED OUR BODIES** – a whole new reality! He gives our bodies purpose.

For you formed my inward parts; you knitted me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. Psalm 139:13-14

*"Case For A Creator"*, Lee Strobel <https://www.youtube.com/watch?v=ajqH4y8G0MI>

*"Without Excuse"* Bruce Malone and Julie Von Vett

### **WE ARE CREATED - IN HIS LIKENESS**

So God created man in his own image, in the image of God he created him; male and female he created them. Genesis 1:27

For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. Romans 1:20

### **HOWEVER...**

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. Galatians 5:19-21

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. Galatians 6:7

### **OUR BODY IS THE TEMPLE**

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body 1 Corinthians 6:19-20

### **MIND/BODY CONNECTION**

A tranquil heart gives life to the flesh, but envy makes the bones rot. Proverbs 14:30

A joyful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

When I kept silent about my sin, my body wasted away through my groaning all day long. Psalm 32:3

### **STRIVE FOR GODLY PHYSICAL HEALTH**

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. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:1-2

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. Galatians 5:22-23

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. 1 Corinthians 10:13

### **HOW WE TREAT OUR BODY IS A TESTIMONY TO THE WORLD**

Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. Romans 6:13

but I strictly discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified. 1 Corinthians 9:27

### **THORNS IN THE FLESH**

So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. 8 Three times I pleaded with the Lord about this, that it should leave me. 9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 10 For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. 2 Corinthians 12:7-10

### **APPLICATION**

And I commend joy, for man has nothing better under the sun but to eat and drink and be joyful, for this will go with him in his toil through the days of his life that God has given him under the sun. Ecclesiastes 8:15

"All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything. 1 Corinthians 6:12

### **SERVE/LIFE GROUPS**

Do not be slothful in zeal, be fervent in spirit, serve the Lord. Romans 12:11

Above all, keep loving one another earnestly, since love covers a multitude of sins. 9 Show hospitality to one another without grumbling. 10 As each has received a gift, use it to serve one another, as good stewards of God's varied grace: 11 whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen. 1 Peter 4:8-11

### **THE HAPPY ENDING**

For we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. 2 For in this tent we groan, longing to put on our heavenly dwelling, 2 Corinthians 5:1-2

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." Revelations 21:4