

HONORING GOD WITH MY BODY

Greater Reward: Part 2

June 5, 2021 | Pastor Brian

1. Taking care of my body is an act of WORSHIP.

“...Let’s make a clean break with everything that defiles or distracts us, both within and without. Let’s make our entire lives fit and holy temples for the worship of God.” (2 Corinthians 7:1, The Message)

2. Taking care of my body is an act of DISCIPLESHIP.

“...you can’t say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies.” (1 Corinthians 6:13, NLT)

3. Taking care of my body is an act of STEWARDSHIP.

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” (1 Corinthians 6:19–20, NIV84)

4. Taking care of my body is an act of LORDSHIP.

“I don’t know about you, but I’m running hard for the finish line. I’m giving it everything I’ve got. No sloppy living for me! I’m staying alert and in top condition. I’m not going to get caught napping...” (1 Corinthians 9:26–27, The Message)

The Four Keys to Physical Health

1. EAT wisely.

“When you eat or drink or do anything else, always do it to honor God.” (1 Corinthians 10:31, CEV)

“Food has the power to heal us. It is the most potent tool we have to prevent and treat many of our chronic diseases. What you put on your fork dictates whether you are sick or well, slim or fat, depleted or energized.” Dr. Mark Hyman

Top 10 Nutrition Facts¹

2. EXERCISE regularly.

¹ <https://www.healthline.com/nutrition/top-10-nutrition-facts>

*“As the saying goes, “**Exercise is good for your body**, but religion helps you in every way...” (1 Timothy 4:8, CEV)*

Top 10 Exercise Tips

3. SLEEP soundly.

*“I can lie down and **sleep soundly** because you, LORD, will keep me safe.” (Psalm 4:8, CEV)*

How Much Sleep Do I Need?²

4. LIVE peacefully.

*“A **peaceful heart** leads to a healthy body...” (Proverbs 14:30, NLT)*

The Top 10 Effects of Chronic Stress³

ACTION STEP

**Take the Health Assessment.
Read one of the recommended books.
Form a plan.**

“When Jesus saw him and knew he had been ill for a long time, he asked him, “Would you like to get well?” (John 5:6, NLT)

² https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html

³ https://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body