



Improving Health Is an Expression of Loving Others

A well-known leadership author and coach, the Rev. Dr. John C. Maxwell, teaches that a rubber band has no value until it's stretched. It cannot hold supplies together unless it's stretched. It cannot secure one item to another unless it's stretched. The rubber band cannot even be launched into the air without stretching first. He adds that the rubber band's only value is to be stretched. We add value to others by becoming better ourselves. We become better when we are stretched.

Our journey to better health through biblical stewardship is a journey of stretching. Like a useful rubber band, we cannot remain inactive on the table. Improving your health is the specific stretch that makes you more valuable to people who depend on you. For the past 5 weeks, we have stretched by changing our eating habits, increasing our intentional activity, resting better, and more.

Pastor Moore challenged us at the outset of this journey to focus on glorifying God ([Colossians 3:23-24](#)), blessing others ([Philippians 2:3-4](#)), and advancing the kingdom ([Matthew 6:10](#)). Christ taught us that our lives are not about our personal benefit (although we do benefit). It's about what God does through us for His purposes. Christianity isn't a selfish worldview. It's other-centered.

We cannot give without being other-centered - [John 3:16](#). We cannot study without it impacting other people - [2 Timothy 3:16-17](#). We cannot even gather together as saints without

impacting others - **Hebrews 10:24-25**. So, why do we think we can get healthy only for ourselves?

When we see our health (really, our entire lives) in the framework of what God commands, everything changes - **Matthew 22:34-40**, **John 13:34-35**, and **John 15:9-17**. Nothing that we do in life, and I mean absolutely nothing, falls outside the frame of loving God and loving others. We don't take a break from this, ever!

When the goal is bigger than you, your motivation increases. So, improving our health can be an act of love for others because it helps us to:

- Remain available for family members
- Continue serving our local church
- Reduce preventable burdens on caregivers
- Be physically present for future generations
- Model health habits for children and grandchildren.

Health is not just personal; it affects the community.

So, to help keep a healthy focus while you're on the journey to better health:

1. Encourage others on their health journey. Share how their healthy habits affect your life - **1 Thessalonians 5:11**.
2. Celebrate others' health wins - **Romans 12:15**.
3. Include others in your journey (whether physically with you or for accountability) - **Ecclesiastes 4:9-10**.
4. Don't hide what you're doing on your health journey - **Proverbs 18:1**.
5. Connect one health goal to one person. Not "I want to lose weight," but "I want to keep up with my grandkids" - **1 John 3:16-18**.
6. The next time you don't feel like "stretching," remember who's counting on you to be there. Keep in mind who needs your presence and your gift - **1 Corinthians 15:58**.