

NEW SERIES - HEALTH KICK

# PHYSICAL HEALTH

HONORING YOUR BODY

February 8, 2026

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UNLEASHED  
CHRISTIAN CHURCH  
TEACHING NOTES

**Mark 12:30** (NLT)

And you must love the LORD your God with all your **heart**, all your **soul**, all your **mind**, and all your **strength**.

**Romans 6:13** (NLT)

Do not let any part of your body become an instrument of evil to serve sin. Instead, **give yourselves completely to God**, for you were dead, but now you have new life. **So use your whole body as an instrument to do what is right for the glory of God.**

**Care for your body -  
so you can SERVE GOD'S PURPOSE better.**

**EATING HEALTHY**

Fueling the body God gave you

**Proverbs 25:27** (NASB)

It is not good to eat much honey,  
Nor is it glory to search out one's own glory.

**I Corinthians 10:31** (NASB)

Therefore, whether you eat or drink, or whatever you do,  
do all things for the glory of God.

**BEING PHYSICALLY ACTIVE**

The Bible affirms discipline, training and strengthening the body.

**I Timothy 4:8-9** (NIV)

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.  
This is a trustworthy saying that deserves full acceptance.

**I Corinthians 9:24-27** (NASB)

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. So they do it to obtain a perishable wreath, but we an imperishable. Therefore I run in such a way as not to run aimlessly; I box in such a way, as to avoid hitting air; 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.

**RESTING REGULARLY**

Sabbath is letting God restore what life drains.

**Exodus 20:8-11** (NLT)

Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

***God wants to use your life to make a difference.  
Care for your body, so you can serve His purpose longer.***

**NEXT WEEK: EMOTIONAL HEALTH - HEALING YOUR HURT**

*We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.*

***Thank you for joining us!***