

RESET: Physical Health

Core Idea: The gospel reframes physical health around identity, stewardship, and self-control rather than vanity or denial.

The Two Ditches of Cultural Health

1. Obsession - Worth defined by appearance, performance, numbers. Leads to vanity, shame, self-hatred, disordered habits.

2. Denial - Health dismissed as unimportant. Discipline replaced with excuses or dependence on quick fixes. Claims to be filled with compassion, but it has no truth.

Result: Neither satisfies the Christian conscience or produces lasting health.

The Gospel Reset Middle Road

First: Identity - Loved by God regardless of appearance or ability. - 1 John 3:1

Second: Purpose - Our bodies belong to God and were bought at a price. We were created for good works that require a functioning, stewarded body. 1 Corinthians 6:19–20 - Ephesians 2:10 - Romans 12:1

How We Undermine Our Health

Vices: Drugs/Alcohol/ Tobacco

Socially Acceptable Vices: Overeating/ Sugar and constant snacking/ Using food or caffeine as comfort

Key Principle:

“I will not be mastered by anything.” 1 Corinthians 6:12 - We cannot be enslaved to the fork and led by the Spirit at the same time.

Reordering Desire: Self-control is a fruit of the Spirit, not personality or willpower alone. Comfort is meant to be found in the Lord, not substances or food. Psalm 9:9 - Matthew 4:4

Practical Wisdom: Track your food – Embrace Accountability – Fast!

Big Picture Reminder

- This is not a quick fix or a body idol.
- Faithfulness means stewarding well what God has entrusted, not accelerating decline through neglect or excess.

Devotion 1: Avoiding the Ditches

Scripture: 1 John 3:1 “See what great love the Father has lavished on us, that we should be called children of God. And that is what we are.”

Reflection: When it comes to our bodies, the world tends to pull us toward extremes. One ditch says our body is everything. How we look defines our worth. The other ditch says our body does not matter at all. Ignore the warning signs. Avoid discipline. Just be happy. Both sound convincing, and both miss the heart of the gospel. The gospel offers a better road. It begins with identity. You are a child of God. Fully loved. Fully known. Your value was settled at the cross, not in the mirror or on the scale. From that secure place, God invites you to walk in wisdom rather than obsession or denial. A renewed mind learns to live in that tension. Loved without condition, yet called to live with intention.

Challenge: Ask God to show you which ditch you are most tempted to fall into. Pray for the grace to walk the gospel middle road with both confidence and humility.

Devotion 2: When Sugar Becomes a Savior

Scripture: 1 Corinthians 6:12 “‘I have the right to do anything,’ you say—but not everything is beneficial... I will not be mastered by anything.”

Reflection: Most of us do not turn to food because we are hungry. We turn to it because we are tired, stressed, bored, anxious, or overwhelmed. Sugar, snacks, and constant indulgence often become quick comfort in moments when our hearts are actually craving peace. Food is a gift from God, but it was never meant to be our refuge. When eating becomes a coping mechanism, it quietly takes a place only God should hold. Over time, what feels harmless can begin to master us. The gospel does not shame us for this struggle. It gently invites us to notice what we are really reaching for and to bring those needs to the Lord instead.

Challenge: The next time you reach for food outside of hunger, pause and ask, what am I really needing right now? Offer that need to God before you pick up the fork.

Devotion 3: The Gift of Self-Control

Scripture: Galatians 5:22–23 “But the fruit of the Spirit is love, joy, peace... and self-control.”

Reflection: Self-control is not about being harsh with yourself or proving spiritual strength. Scripture calls it a fruit of the Spirit, meaning it is something God grows in us as we walk closely with Him. When we lack self-control, we often feel stuck, frustrated, or defeated. But the gospel reminds us that change does not come from trying harder alone. It comes from surrender. As we yield our habits, cravings, and desires to the Spirit, He reshapes them over time. Self-control is freedom. It allows us to say no to what harms us so we can say yes to what God has called us to.

Challenge: Ask the Holy Spirit to grow self-control in one specific area of your life. Trust that He is more committed to your freedom than you are.