

Taking Care Of The Temple

Healthy | Part 1 | 1 Corinthians 6:19-20

3. Your body belongs to God.

Our culture says, “It’s my body—I can do what I want with it.” But if you are saved, that’s not true. You belong to Jesus—body, soul, and mind. The Corinthians were living in a culture that believed the physical body didn’t matter to God. Paul corrected that thinking. Jesus doesn’t just want your soul; He wants all of you. He died physically to save every part of who you are. So glorify Him with your body. God paid a high price—the blood of His Son—to redeem you. That means your body is incredibly valuable to Him. Take care of it accordingly.

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QUESTIONS TO CONSIDER

1. How does seeing your body as a sacred temple change the way you think about your health habits?
2. What practical steps can you take this week to better steward your physical health as an act of worship?
3. Are there any lies you've believed about your body that conflict with God's truth in 1 Corinthians 6:19–20?

7 Steps To A Healthy Thought Life

Healthy | Part 2 | Philippians 4:4-10

INTRODUCTION

If you ask most people how to become healthy, they'll say something like: lose weight, add muscle, or become more active. While all of those things are important, when the Bible talks about being healthy, it doesn't primarily refer to our BMI or cholesterol—it includes the health of our body, but also our mind and our soul. Last week, we talked about how our body is a temple of God, but today we're going to focus on our mental health, because God also cares deeply about our minds. In Matthew 22:37, Jesus said the greatest command is to "Love the Lord your God with all your heart, with all your soul, and with all your mind." That tells me that your mind and your thoughts are important to God. So today, from Philippians 4, God's Word is going to instruct us with seven steps to a healthy thought life.

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KEY POINTS

1. Rejoice in the Lord

This isn't a suggestion; it's a command. God commands us to choose joy regardless of our circumstances. And we can do this because the love of God equips us. Jesus said in John 15:11, "I have told you these things so that my joy may be in you and your joy may be complete." If Jesus is the source of your joy, your joy will be complete, because He never changes.

2. Pursue the Presence of God

Jesus didn't just come to rescue us from trouble. He came to join us in it. John 16:33 reminds us that while we will have trouble, He has overcome the world. Pursue His presence and let Him transform your "stinkin' thinkin'." Romans 12:2 says we are transformed by the renewing of our minds. Are you thinking God thoughts? That can be true for you today.

3. Refuse to Worry About Anything

The word "worry" means "to be pulled apart" or "divided." Paul warns us not to live a divided, schizophrenic life, torn between fear and faith. Worry is an insult to God. Worry says God is incapable of being God in our circumstances. If that's your mindset, you'll never experience a healthy thought life.

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4. Guard Your Heart with Gratitude

Gratitude is a choice we make. If you want to combat entitled or selfish thoughts, you must choose to be thankful. Colossians 4:2 says, “Devote yourselves to prayer; stay alert in it with thanksgiving.” To think healthy thoughts, you need a healthy dose of gratitude in your life.

5. Carry Everything to God in Prayer

Some people think they’re bothering God with their prayers, especially the small stuff. But here’s the truth: If something is important to you, it’s important to God. When you carry everything to Him in prayer, you take burdens off your shoulders and place them on His. And God’s shoulders are big enough to carry them.

6. Practice Positive Thinking

What you focus on, you dwell on. And what you dwell on determines your direction. Even psychology supports this truth. Just like a skier who focuses on the path avoids the trees, if you focus on God’s path, you avoid the obstacles. A little bit of the wrong thing can negatively affect the whole thing, so don’t allow negativity into your mind. Dwell on what is praiseworthy.

7. Imitate Godly Examples

Paul didn’t just tell the Philippians what to do. He showed them. He said: Follow my example. God has placed godly examples in your life, people who are pursuing the Lord and living in a way that reflects a healthy mind and a godly life. Learn from them. Follow their lead.

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7 Steps To A Healthy Thought Life

Healthy | Part 2 | Philippians 4:4-10

QUESTIONS TO CONSIDER

1. Which of the seven steps in Philippians 4 do you struggle with the most, and why?
2. How does understanding that your mind matters to God change your approach to mental health?
3. What is one practical step you can take this week to replace unhealthy thoughts with godly ones?

God's Blueprint for a Spiritually Healthy Life

Healthy | Part 3 | Colossians 3:12-17

INTRODUCTION

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When most people are asked, “Are you healthy?”—they automatically think about physical health: body, cholesterol, muscles. A few may think about their mental health: Am I depressed? Am I anxious? But very few think about their spiritual health. And yet, when you study God’s Word and see how He designed health, it’s clear: God desires for us to be holistically healthy: mind, body, and soul. That’s what today’s message is about: God’s blueprint for building a spiritually healthy life, and how to strengthen your spiritual health.

KEY POINTS

1. Embrace God’s Identity for You

Who you are and whose you are will determine how you live. Paul reminded the Colossian believers that they were chosen by God, set apart by God, and loved by God. John 1:12 says, “To all who did receive him, he gave them the right to be children of God.” Our spiritual health begins with identity, and that identity is rooted in grace, not personal merit.

2. Develop God’s Character in You

Paul paints the picture of “clothing your soul” with Christlike traits. Just like we don’t layer new clothes on top of filthy ones, we are to “take off the old self” (Ephesians 4:22–24) and “put on the new self.” Compassion, kindness, humility, gentleness, patience, and love – these aren’t natural; they’re supernatural. And by choosing daily to put them on, we declare our allegiance to God.

3. Pursue God’s Peace Over You

The word “rule” here means “to act as an umpire.” Just like an umpire makes decisions and keeps order in a game, God’s peace should call the shots in our lives. That kind of peace comes from surrendering our will, trusting God’s sovereignty, and choosing peace over conflict (Romans 12:18). Living a spiritually healthy life means letting God’s peace make the calls.

God's Blueprint for a Spiritually Healthy Life

Healthy | Part 3 | Colossians 3:12-17

4. Let God's Word Dwell Within You

That phrase means “to be fully at home.” God’s Word should not feel like a stranger in your life. It should feel at home in your heart and mind. That happens when we saturate ourselves with it regularly, through reading, teaching, singing, and encouragement from other believers. Spiritual health requires a steady diet of God’s Word and active participation in the church. You can’t be spiritually healthy apart from His Word and His people.

5. Let Christ Be Magnified Through You

A spiritually healthy life is one where Christ is magnified in everything. Whether it's school, parenting, work, or worship, your life should reflect His presence and purpose. You were created to glorify God. That happens not just through big things, but in your daily, ordinary, obedient walk with Jesus.

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God's Blueprint for a Spiritually Healthy Life

Healthy | Part 3 | Colossians 3:12-17

QUESTIONS TO CONSIDER

1. Which area of holistic health (physical, mental, or spiritual) do you tend to prioritize most, and which do you tend to neglect? Why?
2. What is one “old thing” you need to take off in order to put on a Christlike characteristic from Colossians 3:12–14?
3. What would it look like this week to let Christ be magnified in your daily routines at work, home, or school?
