

ALL IN WITH JORDAN EASLEY

Building Health God's Way

Live Long & Prosper | Part 2 | Proverbs 3:7-8 · 1 Corinthians 6:19-20

INTRODUCTION

How many of you want to live a long life? Most of us would. But here's a deeper question: do you want to live long, or do you want to live *well*? There's a big difference — you can add years to your life without adding life to your years. You can exist a long time without ever really living. I don't believe God simply wants us to survive; He wants us to thrive, to prosper. But when many people hear "prosperity," they think big houses, fast cars, and stacks of money — and that's not how the Bible defines it at all. The Bible talks as much about your health as your wealth, because God isn't only concerned with what's in your wallet; He cares about what's happening in your body, your mind, and your soul. "Don't be wise in your own eyes; fear the Lord and turn away from evil. This will bring healing for your body and strength for your bones" (Proverbs 3:7-8). The way we walk with God affects the way we live in our bodies.

Last week we talked about building wealth God's way — that prosperity isn't about how much you keep but how well you steward what God has given you. But money isn't everything. You can have money in the bank and still be broke in your body, your mind, or your spirit; you can be successful on paper and empty on the inside if you ignore one of the most important parts of your life — your health. So today we're talking about building health God's way, because in God's eyes prosperity isn't just about what you earn, it's about how you live: strength, energy, purpose, and peace. And where does it start? Most people think health begins with diet or exercise — and those matter — but before God ever told Adam to work or multiply, before there was a to-do list, He built a rhythm into creation. Before He told us to move, He told us to rest.

KEY POINTS

1. Rest Regularly

From the very beginning, God gave us the example of rest: "On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work" (Genesis 2:2). Was God tired? Of course not — He never grows weary. He rested to model the rhythm He designed for us. We live in a culture that glorifies busyness; people brag about how little sleep they get and wear exhaustion like a badge of honor. But constant busyness isn't a blessing — it can be a form of disobedience, because God didn't create us to run on fumes; He created us to operate in a rhythm of work and rest. That's why Jesus said, "Come to me, all of you who are weary and burdened, and I will give you rest" (Matthew 11:28). Rest isn't laziness — it's obedience; it isn't weakness — it's worship. When you close your eyes at night and trust that God can run the universe without your help, that's faith; when you stop striving and choose Sabbath, you're declaring, "God, You're in control, not me."

There's a difference between biblical rest and worldly rest. Worldly rest says, "I've earned this"; biblical rest says, "I need Him." Worldly rest seeks escape; biblical rest seeks renewal. God worked six days and rested one — not to indulge us, but to teach us dependence, hardwiring into creation the reminder that we can't run on empty forever. Think about your smartphone: run it nonstop and never plug it in, and it dies no matter how strong the signal or how great the apps. In the same way, you and I were created to "plug in" to God — when we pause, stop striving, and realign our hearts, He recharges us for the race He's called us to run. And here's the paradox: when you rest God's way, you don't fall behind, you get ahead, because rest multiplies fruitfulness, roots you in Him, and when you trust Him with tomorrow you make wiser, healthier choices today. So don't just run harder — learn to rest regularly.

2. Eat Wisely

"Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. So glorify God with your body" (1 Corinthians 6:19-20). That's a powerful truth: your body is not your own — it isn't a trash can for whatever you want to throw in it, it's a temple where God Himself chooses to dwell, and what you put into it matters. In the Old Testament God gave Israel dietary laws

— not random rules, but boundaries that set His people apart and protected them physically from things they didn't yet understand. We're not under those food laws today because Jesus fulfilled them, but the principle remains: wise choices lead to strength, foolish choices lead to weakness. Food is fuel; if you fill your body with things that tear it down, you can't expect it to run strong for the mission God's given you. When you see your body as the temple of the Holy Spirit, every meal becomes more than eating — it becomes an act of stewardship and worship.

Solomon adds a warning: "Don't associate with those who drink too much wine or with those who gorge themselves on meat, for the drunkard and the glutton will become poor, and grogginess will clothe them in rags" (Proverbs 23:20-21). Notice he names both drunkenness *and* gluttony, because both come from the same root — a person ruled by appetite instead of led by discipline. His principle is simple: your input determines your output; what you allow in will always show up through your life. Alcohol is a remover, not an adder — it strips away clarity, peace, and direction until, as Solomon says, you're clothed in rags. And he puts gluttony right alongside it, because when you live to satisfy cravings instead of to glorify your Creator, your stomach becomes your master — and what controls your stomach eventually controls your strength. You wouldn't fill a high-performance car with the cheapest, dirtiest fuel, because the fuel determines the performance. Eat to live; don't live to eat — fuel your body instead of feeding every craving, and you position yourself to run longer, stronger, and further for the Lord.

3. Exercise Faithfully

"For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come" (1 Timothy 4:8). Don't miss what Paul is saying — he doesn't dismiss exercise, he says it has *limited* benefit: it helps here and now, while spiritual training benefits us here and forever. So we need balance: care for our souls without neglecting our bodies. Think of your body as the vehicle God gave you to fulfill His mission — if the vehicle breaks down, the mission slows down. You wouldn't ignore the check-engine light or drive thousands of miles without a tune-up, because neglecting maintenance means the car eventually quits on you. God has given you one body, and He expects you to take care of it. That's not vanity; that's stewardship.

Exercise isn't just about looking better or fitting into smaller clothes — it's about having the energy, clarity, and stamina to do what God's called you to do. When you feel better, you serve better; when your mind is clear, you hear God's voice more clearly; when your body is strong, your ministry is stronger. Physical health doesn't replace spiritual growth, but it supports it. Think about it — Jesus wasn't soft or out of shape; He was a carpenter who worked with His hands and walked everywhere He went, from Galilee to Jerusalem, village to village, mile after mile, and His disciples had to keep pace. If they couldn't endure the journey, they'd have missed the ministry — and the same is true for us. That's one reason the Bible so often compares faith to running a race: faith isn't a sprint, it's a marathon, and you can't wait until the last mile to start training. An Olympic runner doesn't show up on race day expecting to win without years of rest, diet, and discipline behind them. The way you treat your body today is preparing you for the opportunities God places in front of you tomorrow — so if you want to finish your race strong, train for it now.

4. Guard Spiritually

Not every health problem comes from what you eat or how much you exercise; some of the deepest issues we face come from what we allow into our hearts and minds. "Guard your heart above all else, for it is the source of life" (Proverbs 4:23). Your heart is the control tower of your life — everything that flies in and out passes through there. Fill it with bitterness and bitterness flies out; fill it with anger and anger overflows; feed it fear and fear guides your steps. But fill your heart with faith, joy, and truth, and real life begins to flow out of you, because what's in you will always come out of you. Modern medicine is only now confirming what God's Word said long ago: bitterness poisons the body, stress weakens the immune system, anxiety robs us of rest, anger raises blood pressure, unforgiveness eats away from the inside, and worry is carrying tomorrow's load with today's strength — it will crush you every time.

But God has given us a better way: "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus" (Philippians 4:6-7). Catch that word — *guard*. When you lay your burdens before the Lord, He doesn't just give you a moment of calm; He posts a soldier named Peace at the gate of your

heart, and that peace doesn't clock out when the storm hits — it stands on duty. Peace is medicine, joy is strength, hope is healing, and you can't get a prescription for those anywhere but the presence of God. There's an old story about a man carrying a heavy load who accepts a ride on a farmer's wagon but keeps the load on his back — "You've been kind enough to carry me; I couldn't ask you to carry my burden too." That's exactly what so many of us do with God: we trust Him with our souls but still try to carry the stress; we believe He can save us eternally but not sustain us daily. Guarding your heart means you stop letting the world dictate your peace and let Jesus stand watch instead. So lay your burden down — if you need to rest, rest; if you need to change a habit, start today; if you need to surrender something, don't wait. Because when you let God guard your heart, He'll guide your steps, renew your strength, and fill your days with peace and purpose. That's how you live long. That's how you prosper.

QUESTIONS TO CONSIDER

1. Biblical rest says "I need Him," not "I've earned this." Where has busyness crept in as a badge of honor, and what would a real rhythm of work and Sabbath rest look like for you this week?
2. Your body is "a temple of the Holy Spirit," and your input determines your output. In eating, drinking, or exercise, where is an appetite leading you instead of discipline — and what's one change that would treat your body as God's temple?
3. "Guard your heart above all else." What have you been carrying — worry, bitterness, unforgiveness, fear — that you need to lay down and let God's peace stand watch over instead?
