



2

---

---

---

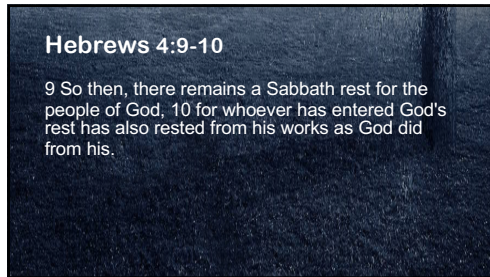
---

---

---

---

---



3

---

---

---

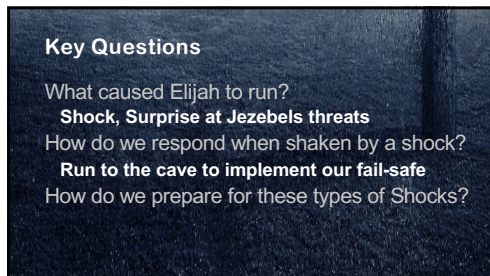
---

---

---

---

---



4

---

---

---

---

---

---

---

---

**Luke 21:34 AMP**

34 But take heed to yourselves and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the giddiness and headache and nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the business of] this life, and [lest] that day come upon you suddenly like a trap or a noose;

**Unexpected, suddenly: sudden, unawares.**

---

---

---

---

---

---

---

---

5

**Human Tachometer**

- 1. Giddiness (Dissipation)
- 2. Headache (Overthinking)
- 3. Nausea (Physical Excess)
- 4. Drunkenness
- 5. Worldly worries and cares pertaining to [the business of] this life (Anxiety)

} Self Indulgence

---

---

---

---

---

---

---

---

6

**Nausea Definition**

from Latin nausea from naus "ship" (root \*nau-"boat") literally "ship-sickness," sea sickness, dizziness, disgust, vomit

Despite its etymology, the word Nausea in English never seems to have been restricted to seasickness but is used for any type of queasy-dizzy feeling.

---

---

---

---

---

---

---

---

7

**Rest From Nausea**

1. Vigilant watch prepares for shocks
2. Cut self-imposed limitations to dominate
3. Disciplined body, clear mind, open heaven

8

---

---

---

---

---

---

---

**Rest From Nausea**

1. Vigilant watch prepares for shocks
2. Cut self-imposed limitations to dominate
3. Disciplined body, clear mind, open heaven

9

---

---

---

---

---

---

---

**Matthew 26**

36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me."

10

---

---

---

---

---

---

---

**Matthew 26**

39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." 40 And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

---

---

---

---

---

---

---

---

11

**Matthew 26**

42 Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." 43 And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again.

---

---

---

---

---

---

---

---

12

**Matthew 26**

45 Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand."

---

---

---

---

---

---

---

---

13

**Matthew 26**

**"Watch and pray** that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

14

---

---

---

---

---

---

---

---

**Watch and Pray Helps Avoid Surprises**

Watchfulness sees temptation coming; prayer gives strength to withstand it. The apostles needed instruction at this moment; for their great trial was very close at hand.

15

---

---

---

---

---

---

---

---

**Rest From Nausea**

1. Vigilant watch prepares for shocks
2. Cut self-imposed limitations to dominate
3. Disciplined body, clear mind, open heaven

16

---

---

---

---

---

---

---

---

**1 Corinthians 9:27**  
27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

---

---

---

---

---

---

---

17

**1 Corinthians 9:27 AMP**  
27 But [[like a boxer] I buffet my body [handle it roughly, discipline it by hardships] and subdue it, for fear that after proclaiming to others the Gospel and things pertaining to it, I myself should become unfit [not stand the test, be unapproved and rejected as a counterfeit].

---

---

---

---

---

---

---

18

**Hebrews 4**  
12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. 13 And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

---

---

---

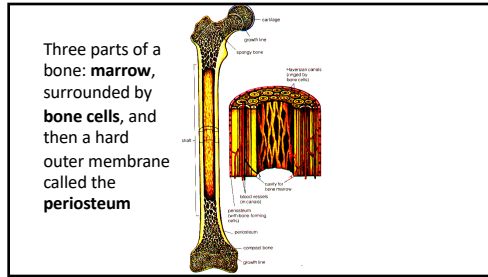
---

---

---

---

19



20

---

---

---

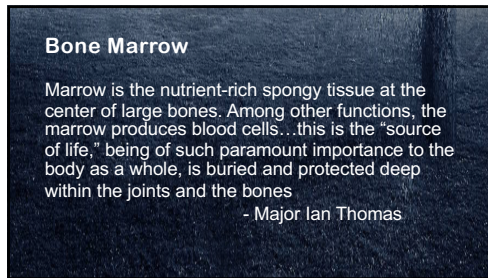
---

---

---

---

---



21

---

---

---

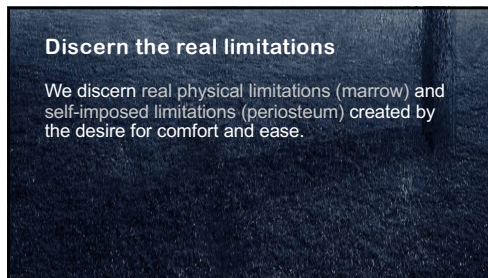
---

---

---

---

---



22

---

---

---

---

---

---

---

---

**Disciplined or Undisciplined Body?**

Do I pamper my body with ease or handle it roughly with discipline?

1 2 3 4 5

Undisciplined Disciplined

---

---

---

---

---

---

---

---

23

**Rest From Nausea**

1. Vigilant watch prepares for shocks
2. Cut from imposed limitations to dominate
3. Disciplined body, clear mind, open heaven

---

---

---

---

---

---

---

---

24

**1 Corinthians 6:12**

"All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything.

---

---

---

---

---

---

---

---

25



**Spiritual Creatures Living in a Body**

God made us spiritual creatures and gave us a flesh body to enable us to navigate in the creation, in the material realm. An undisciplined body will anchor us in the material realm (eat, drink, comfort, entertain) and will make us drowsy and struggle to operate in the spiritual realm (pray, praise, discern, fellowship, gifts)

---

---

---

---

---

---

---

26

**Neuroscience: Exercise-Diet affect Brain Activity**

1. Decreases feelings of anxiety
2. Improves focus and concentration
3. Promotes the growth of new brain cells
4. Protects the brain from aging and neurodegenerative diseases

---

---

---

---

---

---

---

27

**Undisciplined, Unclear**

When we are undisciplined in our eating and [lack of] exercise, it clouds mental activity (thinking, decision-making) and dampens spiritual activity (discerning, praying, worship, Bible study)

---

---

---

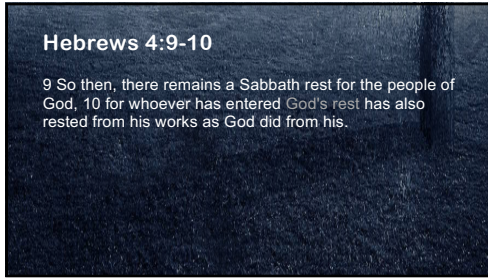
---

---

---

---

28



29

---

---

---

---

---

---

---

---



30

---

---

---

---

---

---

---

---