

Health

purpose: To show that our bodies are the temple of the Holy Spirit. As our Creator, Redeemer, & Father, God is intimately concerned with the health of the whole person- body, mind, & spirit.

center it: Jesus Christ came so that we may have life and life more abundantly.

*Following the NEWSTART acronym.

John 10:10

- Jesus came to give abundant life.
- **Transition:** What did it mean to Jesus for life to be abundant?

Matthew 4:23

- Jesus is teaching, proclaiming the gospel, and healing disease and sickness.
- Physical health & spiritual understanding. (body & soul)
- **Transition:** What was God's original plan for man?

Exercise/Sunlight/Fresh Air:

- Genesis 2:5,15
 - God lays out the original guidelines for living.
 - Exercise by working in the garden.
- Genesis 3:17-19
 - Because of the curse, Adam was given an exercise job in order to get food.
 - Outdoors in the sunlight and fresh air.

Water

- John 4:5-7
 - Jesus drank water when He was thirsty. ☺

Rest

- Sabbath! ☺
- Mark 6:30-32
 - After working and ministering, Jesus invited the disciples to come away and spend some time alone.
 - Easy to race around constantly ministering and feeling spiritual, but sometimes the most spiritual thing we can do is rest.
 - Part of your work as a disciple is to be a model of a balanced life.

Nutrition

- Genesis 1:27-29
 - The original diet consisted of fruits, grains, and nuts.
- Genesis 3:17,18
 - After sin God added vegetables. ☺
- *Daniel 1:1-17
 - Daniel demonstrates the validity of the original (after sin) diet.
- Genesis 9:1-4
 - God made an allowance for meat at the flood.
 - No blood

- Clean/unclean distinction
 - Genesis 7:1,2- clean animals by 7's & unclean by 2's.
 - Genesis 8:20- clean animals as offerings.
 - All the earth had just been destroyed, crops, trees, etc.
 - Leviticus 3:17
 - God makes it clear which meats are appropriate to eat.
 - No blood/no fat
 - Deuteronomy 14:3-20 (or Leviticus 11)
 - Land Animals Clean if: (vs. 6)
 - Split hoof & chews cud
 - Must have both qualifications to be clean.
 - Sea Animals (vs. 9)
 - Fins & scales
 - Must have both to be clean.
 - Flying Animals (vs. 11)
 - Don't eat scavengers.

Temperance

- Proverbs 23:29-35
 - Practical look at the issue of alcohol.
 - Who has woe, sorrow, complaining, red eyes, contentions- basically a miserable life, needless lifestyle problems?
 - Answer: The one who abuses alcohol.
 - Solomon's solution: Avoid it altogether.
 - Vs. 33-35 describe a drunkard the life of a drunkard. Does that sound like an abundant life?

Trust in God

- 1 Corinthians 10:31
 - Whatever you do, do it to glorify God.
 - Remind them how they've been growing & learning to glorify God.
 - Encourage them to continue on based on their past faithfulness.
- Philippians 2:12,13
 - You've been diligent when I was there, you've been faithful now when I'm not there.
 - Be earnest about your salvation with reverent fear and trembling.
 - Why? Because they didn't really need Paul in order to be true Christians, they just needed God at work in them! Paul was not the secret ingredient, God is.
 - Praise God! It is *God* who is at work in us to will and to do of His good pleasure!
 - The Christian walk is about us willing to be made willing, not about just mustering up the courage to have mega will-power.
 - You step out in faith and God will bless.
- Psalm 84:11
 - Anything that is for your best interest, the Lord wants you to have.

appeal: When we set our hearts to seek the Lord, He is not holding back the good things, but setting out the good stuff- the very best.