



Date 10/10/2021

Transformed Series **Physical Health**

3 John 2

Dear friend, I pray that you may **enjoy good health** and that all may go well with you,
even as your soul is getting along well

God Made Your Body

Psalm 139:13-16

¹³For you created my inmost being;
You knit me together in my mother's womb.
¹⁴I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.

God OWNS Your Body

1 Corinthians 6:19-20

¹⁹Do not you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your body.

Three Areas of Physical Health

Exercise Regularly

We are designed to go outside and be active.
Genesis 2:17... work the garden and take care of it.

Combine Physical Health with other areas...

God gave me a message to tell and a horse to ride.
I killed the horse, now I can't carry the message.
– David Dawson

Eat Healthy

1. Know your body.

2. Commit what you eat to the Lord.

Eat in a way that honors the Lord.

1 Corinthians 6:12 – I will not be mastered by anything.

3. Avoid eating-related sins

1 Corinthians 6:13 - Food for the stomach and the stomach for food.

Sleep in Peace

Genesis 1:5 - “And there was evening, and there was morning - the first (second, third...) day.”

Principles of Sleep:

1. Don't stay up just because you can.

2. Sleep according to what's optimal for you, not peer pressure.

Famous people who took naps.

Winston Churchill, Salvador Dali, Albert Einstein, Leonardo DaVinci, John F. Kennedy, Napoleon Bonaparte, Thomas Eddison, Ronald Reagan, Aristotle, Margaret Thatcher, Bill Clinton, Stonewall Jackson, Jesus.

3. Demonstrate your faith by sleeping.

Sleep is a test of faith. When you sleep, you let go.

Psalms 3:5 - I lie down and sleep; I wake again, because the Lord sustains me.

Psalm 127 - Unless the Lord builds the house, it's builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain. In vain you rise up early and stay up late, toiling for food to eat, for He grants **sleep** to those he loves.

Transformed Series

Physical Health

After years of going to school for my Master's degree, I was in bad shape in many ways. I recall looking in the mirror, and the Arnold Schwarzenegger body I used to have looked more like how he looks today.

Seriously – After all that sitting around I was doing I decided I needed to be conscientious with my Physical Health.

In the beginning, I couldn't run, even downhill. I developed tendinitis, I had no stamina. I revamped my exercises, my diet, and began taking a nap. And I did this without any responsibilities falling off my plate.

Gradually, over about 4 years I lost about 3 inches off my waist (buy new pants), I've drastically increased my cardio and resistance exercise. And I never get fatigued anymore. I haven't had a backache in maybe 2 years. Some of the pains I had in my arms and legs are gone. My fingers don't get tired when I'm playing guitar. Physically everything is better.

I didn't set any goals to lose weight or get more fit. I set small goals that I could practice every day. Those small changes have affected my Physical Health to where I think I honor God with my physical life.

Physical Health is our topic today.
(Pray)

Transition

Notes, handouts

As believers in Christ, we know that Spiritual Health is primary. But we also should know that the Spiritual Dimension influences all other dimensions.

Today we will examine the Physical life.

3 John 2

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well

God Made Your Body

Psalm 139:13-16

¹³For you created my inmost being;

You knit me together in my mother's womb.

¹⁴I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.

You are made in God's image (Genesis 1:27)

God OWNS Your Body

1 Corinthians 6:19-20

¹⁹Do not you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your body.

Pastor Rick Warren has an excellent SG teaching on this which I will provide the link for in the WOCC Connection and SG emails.

We know that our bodies are destined to wear out, and we will receive brand new glorified bodies, but that isn't a reason to neglect our Physical Health today.

God calls us to honor Him with our bodies.

Are you honoring God with how you are stewarding your **Physical Health**?

There is endless information out there that you can find on any aspect of your Physical Health, so I'm just going to review a few basics.
Spaced Reinforcement.

Exercise Regularly

You'll find a lot in the Bible about our physical body (Rick Warren will talk about that in the Small Group teaching video), but very little in the Bible specifically about **exercise**. There was no need to.

Physical activity was a natural part of everyone's everyday life.

- You worked on the farm all day carrying, pulling, digging.
- No cars, no mass transit, no bicycles, motorboats. No motors!
- Joke - boy in the 60's with long hair.
- Jesus travelled around Galilee. He walked.

But today, we sit. We sit while commuting, sit at school, sit while working at desks or on computers, sit watching TV, and sit during video games.

There's nothing wrong with sitting, but there's plenty wrong with not moving around enough. It's not how God designed us as human beings.

In **Genesis** - ... work the garden and take care of it. (Genesis 2:17)

We were **designed** to go outside and be active.

Since the beginning of humanity to just a hundred years ago, everyone went outside and was active.

Then came the **Industrial revolution**, which mass produced all kinds of conveniences.

With the **Information Age** and computers we entered sedentary on steroids. It's like turbocharging our moving less.

Problem is ... our bodies are still designed to be active!

So NOW, in order to just have average activity, we need to go out of our way, make an effort.

Dr. Daniel Amen – Memory Rescue – BLOODFLOW

Do Physical Health with Scripture

Fran Patoskie (HCC) – fitness & scripture

Just like taking care of anything else, our bodies are a gift from God.

We're only given one body.

Now more than ever the effects of how we steward out bodies are showing up. People are dying.

Many studies show that moving our body turns things on in the brain.

If you want to learn something, you should move first.

What better time to renew your mind with scripture than when you move your body.

So when Fran does her fitness classes she uses scripture.

She suggests – while exercising or walking play Christian music, podcasts, audio bible.

I always listen to audio or video while exercising. While exercising I've listened to Carey Nieuwhof podcast, Hillsdale College -Constitution 101, Genesis, David, Rick Warren.

Combine Physical Health with other areas - spiritual, relationships, mental health.

Support Physical Health with Other People.

What if we had walking small groups? What if we had activity small groups?

Story: Golf Fellowship – Stan Yara.

Our family has **fitness tracker watches**. My daughter Ruth does these challenges.

Dr. Daniel Morehead - regimen for health

You don't have time to keep yourself physically fit. Do it anyway.

This doesn't sound very Biblical. But think about it this way:

- Everything you do for God is done through your body.
- David Dawson - "God gave me a message to tell and a horse to ride. I killed the horse, now I can't carry the message."

Start slow if you are not in shape. Don't get discouraged.

Do what you can.

Stories:

- **Elliptical** - Amy 1.5 minutes ... I chuckled... (I started slow)
- **Zip line** - hand over hand pull yourself up (I started slow)

Eat Healthy

All kinds of diets today – from Vegan – Keto (every combination!)
The Bible does not recommend any particular kind of diet,
So I'm not going to recommend any particular diet.

We are all very different. Scatter diagram. We can draw some generalities, but it's **not a one size fits all**.

Amy's grandmother was active, lived to 101. She ate cookies and candy. Always had a supply, offered it to our children.

1. **Know your body.** (and don't say I'll eat cookies and candy until I'm 101)

2. **Commit what you eat to the Lord.**

Make it your intent to eat in a way that honors the Lord.

1 Corinthians 6:12 – I will not be mastered by anything.

Are you addicted to any foods that **You know** are unhealthy for you?

If you're addicted to healthy food, that's good!

Pray about the kind of food you eat.

3. **Avoid eating-related sins**

1 Corinthians 6:13 - Food for the stomach and the stomach for food.

A popular saying to justify **gluttony**.

Paul says, "but God will destroy them both."

Their gods are their stomachs.

But I will not be mastered by anything

Are you choosing your food, or is your food choosing you?

- **Sugar** in your gut sends a signal to your brain to eat more sugar.
 - **Protein**, however, curbs your desire for sugar.
- When I first read that it Daniel Amen's book I started eating higher protein. (not everyone can tolerate high protein)

I just started shedding pounds.

People started asking me if I was losing weight. I was. But it was incidental to my change of diet.

Require time, energy, direction, discipline.

Sleep in Peace

God created humans with the need to sleep. He could have created us with the need to not sleep.

- **Dr. Richard Swensen** - Some **fish** swim constantly. **Giraffe** sleep for just 5 minutes.
- Ideally, **Humans** need 8-10 hours.

In **Genesis** the day that God creates begins with evening, then morning.

“And there was evening, and there was morning - the first (second, third...) day.” **Genesis 1:5**

The Hebrew concept is that the day runs from 6PM-6PM.

The first half of the day is darkness, then the second half is light.

The first half of the day is spent charging up, filling up energy.

The second half of the day is spent discharging, depleting energy.

Sleep is a critical part of a God-given rhythm to life.

We sleep so we can be active. Not, we are active then we sleep.

If you think of sleep as charging up in preparation for hard work, you will have a very different view of sleep.

Go to a contractor's site. If the foreman saw your power drill in its charger, would he say that drill is lazy, just loafing? Or would he say that drill is being prepared to do more work?

Sleep, being still, is created by God as a **power up**.

One of the recent developments in human history that forever change the way we live was the invention of the **electric light bulb**.

With this wonderful invention, we were no longer limited to the light of the sun or flame lamps. Now we could be productive non-stop.

Our bodies were designed to start winding down when it got dark.

But we started staying up in the night.

4-6 cycles in the brain during sleep. I told Cheyenne that the release of growth hormones during the late cycle. So don't stay up all night!

Principles of Sleep:

4. Don't stay up just because you can.

Today we understand sleep much better than before.

- Without adequate Sleep, you're not just more tired...
 - your brain does not go through all of its 5 sleep cycles
 - you can't exercise as well, less energy to exert
 - your cortisol increases
 - you put on weight
 - you can't handle stress as well.
 - can't think as clearly
 - less productive

5. Sleep according to what's optimal for you, not peer pressure.

Who are we going to obey and follow? Gods design for us, or popular opinion?

Sadly, our society has glamorized those who can get less sleep.

Gradually it seems like our society is accepting the idea that sleep is healthy.

Famous people who took naps.

Winston Churchill, Salvador Dali, Albert Einstein, Leonardo DaVinci, John F. Kennedy, Napoleon Bonaparte, Thomas Eddison, Ronald Reagan, Aristotle, Margaret Thatcher, Bill Clinton, Stonewall Jackson, **Jesus**.

I find it rather humorous that while Jesus and the disciples were in the boat fighting the wind, Jesus was asleep. The disciples woke him up, saying, Don't you care if we drown? Jesus was not beholden to any man's opinions of him. You can read between the lines, I'm tired. I'm going to sleep.

6. Demonstrate your faith by sleeping.

Sleep is a test of faith. When you sleep, you let go.

Psalm 3:5 - I lie down and sleep; I wake again, because the Lord sustains me.

The Lord emphasized this verse years ago during a difficult time.

Psalm 127 - Unless the Lord builds the house, it's builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain. In vain you rise up early and stay up late, toiling for food to eat, for He grants sleep to those he loves.

This is a faith issue. But let's be careful here.

That verse does **not** say don't build or don't watch over the city, or don't work hard. It says it's the Lord that brings success, so when you build, defend the city, or work hard, entrust your actions and results to the Lord.

Knowing that the Lord brings success, alleviates your worry, anxiety, and your stress. You trust Him. And he grants you **sleep**.

Closing

God knows all your days.

Psalm 139:16 – All the days ordained for me were written in Your book before one of them came to be.

Stewarding your Physical Health might not add years to your life,
but it will add life to your years.

Whether you live long or short, if you set long-term goals for your Physical Health ...

- You will glorify God,
- He will be pleased,
- Your life will be lived at an optimal level.

(Pray)