

January 21, 2018



GET HEALTHY

3 John 1:2; Proverbs 3:7-8 (NLT)

INSIGHT: My body won't last forever, but it is a stewardship and isn't to be abused.

I. MY BODY IS GOD'S (1 Corinthians 6:12 NIV).

THREE INSIGHTS:

1. We are to manage our bodies.
2. Our bodies belong to God.
3. God will resurrect these bodies (1 Corinthians 6:14).
 - a) God's power changes lives, not willpower.
 - b) Change is about God, not us.
 - c) We can't change on our own.

TRUTH: We need a life group to change.

II. PHYSICAL HEALTH REQUIRES HEALTHY FOOD (1 Corinthians 6:13 Msg).

TRUTH: Gluttony and sexual immorality are identical twins in God's eyes.

INSIGHT: In the Whole Thirty Diet, our eating revolved around food requiring the shortest distance from the point of origin to our fork.

FOOD INSIGHT: Fat isn't a four-letter word.

TRUTH: The smallest unit of health is a life group.

AXIOM: If you want to lose belly fat, join a life group!

III. HEALTHY MEANS HEALTHY BRAINS (Luke 11:34).

TRUTH: The biggest battle for your future lies between your ears.

AXIOM: Daily Bible reading isn't optional for life change to occur (Proverbs 4:21-23 NCV).

TRUTH: God wants us to enjoy food but not be controlled by it.

INVITATION: The Church invented public health care, not the government. The Church invented hospitals and schools, not the government.

The health of our bodies is a spiritual issue, and to abuse our bodies is sin (Luke 17:19 AMP).