

It is the part of a Christian to take care of his own body for the very purpose that by its soundness and well-being he may be enabled to labor for the aid of those who are in want, and thus the stronger member may serve the weaker member.

Martin Luther

Too many people confine their exercise to jumping to conclusions, running up bills, stretching the truth, bending over backward, lying down on the job and side stepping responsibility.

Author Unknown

In...the instances where faith is mentioned (in Matthew 9), the object of faith was in Jesus' ability to heal, not His will to heal. Today as we pray for the healing of our friends or loved ones who suffer severe illness or disease, we too should believe that God is able to heal, either directly or through conventional means. To say I have faith that God will heal is presumptuous since we do not know the mind of God, but to say God is able to heal is to exercise faith.

Jerry Bridges

The focus of health in the soul is humility, while the root of inward corruption is pride. In the spiritual life, nothing stands still. If we are not constantly growing downward into humility, we shall be steadily swelling up and running to seed under the influence of pride.

J.I. Packer

Failure to establish good spiritual habits will lead to poor spiritual health.

Author Unknown

Over 90% of diseases are caused or complicated by stress ... Research has shown that any amount of exercise, at any age, is beneficial. And, in general, the more you do, the greater the benefits. The National Academy of Sciences has recommended that everyone strive for a total of an hour per day of physical activity. Regular activity strengthens your heart muscle; lowers blood pressure; increases "good" cholesterol and lowers "bad" cholesterol; enhances blood flow, and helps your heart function more efficiently. All of these benefits reduce the risk of stroke, heart disease, and high blood pressure.

Kristofer Dorn

Health Matters

The Health of Body and Soul

1 Corinthians 6:9-20; Proverbs 4:20-23

Introduction: What does God think of the way we use and care for the physical bodies He gave us? Does it matter how we eat, and if we exercise? Does God care about our sleep? And if He does, how does that fit into His concerns for the health of our souls? As we think more and more about what it means to "live" out the Gospel before a watching world, these are questions that first require biblical answers, and then, courageous obedience.

The Health of Your Body

1 Corinthians 6:9-20

Your body is important to God
Your body belongs to God
Your body can bring glory to God

The Health of Your Soul

Proverbs 4:20-23

Watch over your heart with diligence
Feed your soul with wisdom
Rejoice in spiritual life and health

My confessions ... my commitments ...

Lord, there are things in my life that have mastery over me, and I need your help in order to ...

Lord, help me to prize spiritual life and health, and to guard and feed my heart by ...

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Kids Notes

Health Matters

The Questions

Answer the following questions. The answers are on the back.

1. *When it comes to caring about our physical health:*

- A. God doesn't care how we treat our bodies.
- B. God considers that our bodies belong to Him.
- C. God only cares about our souls, not our bodies.
- D. all of the above.

2. *The Lordship of Jesus Christ means that:*

- A. He is the boss over the way we eat.
- B. He cares if we exercise and eat healthy.
- C. Everything we do must be under His command.
- D. all of the above.

3. *As important as physical health is:*

- A. the health of our souls is much more important.
- B. it really doesn't matter because we'll all die someday.
- C. all you really need to do is take vitamins.
- D. all of the above

For Family Discussion: *In Joshua 24:14,15, what does it mean to "serve God in sincerity and truth" as a family?*

Space to Doodle

Did You Hear It?

Mark the times you hear these key words:

HEALTH _____	TOTAL: _____
HEART _____	_____
BODY _____	_____
SOUL _____	_____
LORD _____	_____
WISDOM _____	_____

Word Search

Find the following words in the scramble below. Letters are sometimes used twice, and words may go around corners.

HEALTH MATTERS HEART BODY SOUL LORD WISDOM EATING
FOOD CARE MASTERY CHALLENGE FIGHT ETERNAL SPRINGS LIFE
SPRINGS DILIGENCE BATTLE OBESITY DIABETES DIETS WEIGHT
BLOOD EXERCISE GLORY GOD CHURCH FAITH NORTHPOINT

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M C W D E M L H L M E A E S E C D
I A W E G N E L L A H C T E M H O
B K S D A A A E N Y Z E E T M U O
L O O T R H S E R H E F R E O R L
P G D T E I B O C N R I N B D C B
F E K Y C R L M O N S L A A S H S
W M S R G G Y R B P E H L I I R O
N E E M A T T E R S G G T D W S U
S X I L D H K I M N R Z I L X K L
E T O G P X N M I A G Y A L A Q C
E R E O H G R T B A T T L E I E C
D R I I S T A F A I T H X X U D H
O N A H D E V X S D O O F L N N E
T N C C L T H G I F N R U M I S L
H R J Q P O J Y T I S E B O S M X
    
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