

Series: Balancing Life's Demands – Part 4

Scripture: 3 John 2

Date: November 16, 2008

PRACTICAL PRINCIPLES FOR HEALTHY LIVING

3 John 2 *I pray that you may enjoy **good health** and that all may go well with you even as your soul is getting along well.*

1) HAVE A _____ TOWARD YOUR BODY!

1 Cor. 6:19-20 Do 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; you were bought at a price. Therefore honor God with your body.

Three unhealthy thoughts

1. You can _____ your body.
2. You can _____ your body.
3. You can _____ your body.

Three healthy thoughts

1. You should _____ your body.
2. You should _____ your body.
3. You should _____ on our future body.

1 Cor. 15:42-44 So will it be with the resurrection of the dead. The body that is sown is perishable, it is raised imperishable; it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body. If there is a natural body, there is also a spiritual body.

2) _____ REGULARLY

1 Timothy 4:8 "Physical exercise has some value."

What is the common excuse?

What is the common mistake?

3) _____ TO ANY _____

1 Tim. 5:23 Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.

James 5:14-15 Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up.

4) _____ TO _____ YOUR BODY

1 Cor. 6:12-13 I can do anything I want to if Christ has not said no, but some of these things aren't good for me. Even if I am allowed to do them, I'll refuse to if I think they might get such a grip on me that I can't easily stop when I want to. For instance, take the matter of eating. God has given us an appetite for food and stomachs to digest it. But that doesn't mean we should eat more than we need.

1 Cor. 9:27 Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside.

5) _____ TIME TO _____ AND _____

Psalm 127:2 (LB) It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.

Mark 6:30-31 The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

6) LIVE IN _____ WITH GOD

Proverbs 14:30 *A heart at peace is life to the body.*

Romans 12:1 *Make a decisive dedication of your bodies as a living sacrifice, devoted and well-pleasing to God.*