

Focusing on Healthy Living Questions

Getting Started

1. What insight, principle, or observation from this week's message did you find to be most helpful, eye-opening or troubling? Explain.

Focusing on Healthy Living

Series: Reboot

Sunday January 29, 2017

“You should not use outward aids to make yourselves beautiful, such as the way you do your hair, or the jewelry you put on, or the dresses you wear.”
1 Peter 3:3 GNT

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”
1 Timothy 4:8 NLT

Who Owns Me?

“The fear of man lays a snare, but whoever trusts in the LORD is safe.”
Proverbs 29:25 ESV

1. God Owns Me

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”
1 Corinthians 6:19–20 ESV

“knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.”
1 Peter 1:18–19 ESV

“You were bought with a price; do not become bondservants of men.”
1 Corinthians 7:23 ESV

My Body is God's Property, not mine.

2. God Made Me

“For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.”
Psalm 139:13–16 ESV

I am just the way God intended!

3. God Loves Me

“In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.” 1 John 4:10 ESV

I Already Please the one who matters most!

4. I Honor God by Taking Care of His (My) Body

“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.”
1 Corinthians 6:19–20 NLT

I Already Please the one who matters most!

Helps to Healthy Living

1. Make it a Lifestyle

“So eat your meals heartily, not worrying about what others say about you—you’re eating to God’s glory, after all, not to please them. As a matter of fact, do everything that way, heartily and freely to God’s glory.”
1 Corinthians 10:31 MSG

2. Eat a Balanced Diet

“Let your reasonableness be known to everyone. The Lord is at hand;”
Philippians 4:5 ESV

3. Practice Portion Control

“and put a knife to your throat if you are given to appetite.”
Proverbs 23:2 ESV

4. Eat Whole Foods

5. Eat Breakfast

6. Regular Physical Activity

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”
1 Timothy 4:8 NLT

7. Adequate Amount of Sleep

“A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.”
Proverbs 6:10–11 ESV

8. Annual Physical Exam

“The prudent sees danger and hides himself, but the simple go on and suffer for it.”
Proverbs 22:3 ESV

“for you were bought with a price. So glorify God in your body.”
1 Corinthians 6:20 ESV