

## LET'S GET PHYSICAL

### Balancing Your Personal Life - Part 3 of 6

1 Cor. 6:20

**3 John 2.** We've been talking about balancing your personal life. Today we're going to look at a number of verses. *"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 wants you to be healthy. In the Garden of Eden, Adam and Eve were in perfect health. The Old Testament is full of rules and regulations about health. Jesus spent much of His ministry healing people. He was concerned about physical health.

**1 Corinthians 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."*  
How do you honor God? The King James version says, *"Glorify God with your body."*  
How do you do that?

It means you use your body for God's glory and you honor Him. And you take care of it.

This morning we're going to look at how to feel better physically.

Now my intent is to share with you with compassion and a non-judgmental attitude. I am well aware that this area is so visible. I mean Adulterers do not publicly declare their wrong by their physical appearance. Liars cannot be detected by looking at them. Thieves look like the rest of us. But those who are out of shape are visible. Please know my intent is not to heap guilt on anyone, and also know this is an area that I have let slip.

### I. DEVELOP A HEALTHY ATTITUDE TOWARD YOUR BODY.

If you think healthy thoughts, you're going to move toward being a healthy person.

Three unhealthy thoughts you ought to eliminate from your mind set. What do you think about when you think about your body?

**1. You can reject your body.** Some of you are doing this -- Send it back! It's a mistake! God, you goofed! You look in the mirror and think, No thanks! You reject it.

**2. You can perfect your body.** This is the opposite extreme. This is the body builders and the models. They're constantly striving to be a "10". They're always working at total perfection. They worship and idolize their body.

**3. You neglect your body.** Most of us do number three. You ignore your health, you're careless about your condition and you drag through life tired most of the time. As a result you have the wrong attitude.

What is the right attitude toward your body? Don't reject it. Don't perfect it. Don't neglect it. **The healthy attitude is to respect it and protect it.** In order to protect your body you:

## **II. MOTIVATE YOURSELF TO CHANGE**

God wants you to be healthy. A lot of people think if God wants me to be healthy, He'll make me healthy. No, He expects you to take care of it. He expects you to follow the proper plan. There are some reasons that you can motivate yourself to change. There are some physical reasons that everybody probably understands. And there are spiritual reasons that probably only Christians would understand.

### **Physical Reasons:**

**1. I'll feel better.** If you take care of your body, you'll feel better. You'll have more energy, fewer pains. You'll be more alert, less depression. Somebody said, *Health is what makes today feel like the best day of the year.*

**In 24 hours** the average adult accomplishes much:

**Your heart** beats 103,689 times

Your blood travels 168,000,000 miles

You breathe 23,040 times

You inhale 438 cubic feet of air

You eat 3 ¼ pounds of food

**You drink 2.9** quarts of liquid

You speak 4,800 words

You move 750 muscles

You exercise 7,000,000 brain cells

...no wonder you feel tired!

**2. I'll look better.** Better complexion. More attractive. Stronger self esteem and more confidence. If you feel better, you'll look better.

**3. I'll live longer.** There are countless studies that talk about people in shape live longer.

**It is well documented that for every minute that you exercise, you add one minute to your life. -----This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month.**

There are physical reasons to get in shape. There are physical reasons to take care of your body.

### **Spiritual Reasons:**

**1. God made your body.** In **Psalm 139:13-14** *"You have created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made...."* It's an attitude of respect. God made my body so I ought to take care of it since He made it.

**In London's Westminster Abbey, many great men and women are buried in the floor of the church. Visitors walk over their tombs without hesitation...all but one. There is one tomb that no one walks over. Even the Queen at her Coronation walked around it. It is the tomb of Britain's Unknown Soldier. If an unknown soldier deserves such respect, should we not have greater reverence for the world's best known soldier — the Christ whom Scripture calls the Captain of our Salvation!**

**2. Jesus paid for my body.** **1 Corinthians 6:19-20** *"Do you not know that your own body is a temple of the Holy Spirit who is in you, whom you have received from God. You are not your own. You are bought with a price. Therefore honor God with your body."* Jesus Christ, when He died on the cross, paid for you. That includes not only your soul but your body. He bought you. In a sense, physical fitness is a stewardship issue. Your body is really on loan. Jesus paid for it and died for it and God created it.

**3. The Holy Spirit lives in it.** If you're a Christian, the Bible says in **1 Corinthians 3:16** *"Don't you know you're God's temple and that the Holy Spirit lives in you?"*

If God made my body and Jesus died for my body and the Holy Spirit lives in my body, then I better do the best I can to make it a worthy temple. A temple is not an object of worship; it's a place of worship. A lot of people worship their bodies and always trying to look good. But the Bible says a temple is a place of worship not an object of worship.

How do you get in shape? How do you have more health? You get the right attitude. Then you motivate yourself to change and you realize these things.

### **III. FOLLOW GOD'S LAWS OF HEALTH**

**Proverbs 4:20-22** Solomon says, *"My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body."* The principles in God's word are put there not only for spiritual health but for emotional health and physical health. When you

follow the principles of God's word, you're going to be a healthier person.

The Bible is full of health rules and guidelines. I want us to look at five principles from God's word on building a healthy body. Why do we spend time on this? It's part of life. When you feel bad physically it affects everything else. Shakespeare said it's hard to be a philosopher with a toothache. I'd say it's hard to be spiritually alert when you're physically dull. When you're tired, fatigued, out of shape.

### **1. MAINTAIN YOUR IDEAL WEIGHT**

Scientists know that you have an ideal weight based on your bone structure and your height. You can find it in any number of different books.

**1 Thessalonians 4:4** *"Each of you should learn to control his own body in a way that is holy and honorable."* *"Each of you **should learn** to control his own body."* That's saying that self discipline can be learned and that includes maintaining our ideal weight.

I read that fifty million Americans are one billion pounds overweight. When they rebuilt Yankee Stadium in New York City a few years ago they lost nine thousand seats. They had to add three

inches to every chair because the posterior of Americans has grown out in the last thirty years.

I realize there are many medical reasons for overweight and weight problems but the fact is for many of us, we just simply eat too much. You cannot eat everything you want to eat and still maintain your weight. **Ecclesiastes 6:7** *"All the labor of man is for the mouth and yet the appetite is never filled."*

Personal illustration:

I got back in my regular routine of getting up and walking in the morning and watching my calories. There are 3500 calories in a pound of fat. That means if you cut out 1000 calories a day from your diet, you'll lose two pounds a week. So I began doing this and in the last eight weeks I've lost 16 pounds. I'm feeling better.

Why? Because the Bible teaches this principle -- *"Each man should learn to control his own body."*

## **2. BALANCE YOUR DIET**

I'm talking about controlling the quality and the quantity. Do you eat a balanced diet? A hamburger in both hands?

**It's time to diet when...**

- \* **You take a shower, and nothing below your waist gets wet.**
- \* **You get your shoes shined, and you have to take the guy's word for it.**
- \* **The couch gets up when you do.**
- \* **A Peeping Tom begs you to pull your window shades down.**

We need to balance. This is the principle we're talking about in this whole series -- balancing your exercise, balancing your life, balancing your spiritual life, your emotions, your relationships and your eating habits.

**1 Corinthians 6:12-13** *"Everything is permissible for me but I will not be mastered by anything. Food is for the stomach and the stomach for food, but God will eventually destroy them both."* The point that Paul's making is that eating is not an end in itself. We eat to live we don't live to eat. It's a means not an end in itself.

Balance your diet.

### 3. COMMIT YOURSELF TO A REGULAR EXERCISE PROGRAM

I've discovered that most of us are convinced but not committed. You know that exercise would be good for you. We all know it would be good for us. But it's being committed to it.

**1 Timothy 4:8** *"For physical training is of some value..."* In those days they were very active. If Paul wrote that today, he'd change it to say it has great value. In New Testament times they all did physical labor. Today we live inactive lives. In the New Testament times, they walked everywhere. Today we drive everywhere. In the New Testament times, they ate natural foods. Today, we eat processed junk food. In the New Testament times, they had a tension free society. Today, we live in a stressed society. Exercise would have great value.

How do you know when you're out of shape?

You know you're out of shape when you feel like the morning after and you didn't go anywhere the night before.

You know your body's in trouble when your knees buckle and your belt won't.

You know you're in trouble when you see your friends running and you hope they twist an ankle.

Commit yourself to a regular exercise program.

**What is the common excuse?** **"I don't have the time."** Do you have time to be sick? If you don't make time for exercise, you'll probably find time to be sick. It's how you want to spend your time.

**What is the common mistake?** Overdo it at the first. I imagine some of you will go out of the service saying, **"I'm going to get in shape if it kills me"** and tomorrow you're going to kill yourself! We have the philosophy that if something is good, a lot is better. We try to get in shape and do it in one session. We go out and work ourselves to death and get totally exhausted and wear out quickly and as a result we give up. The key is training not straining. If you want to get in shape fast, exercise longer, not harder. Commit yourself to a regular exercise program.

The fact is, your body was not designed for inactivity. You were made to be active. Even a daily walk will make a difference.

#### 4. GET ENOUGH SLEEP AND REST

Psalm 127:2 ***"In vain you rise up early and stay up late."*** The Living Bible says, ***"God wants His loved ones to get their rest."*** Rest is so important that God put it in the Ten Commandments. He said every seventh day you rest. Jesus, in **Mark 6:30-32**, insisted that His disciples take a vacation. He took them to the desert. He said, ***"Come apart for a while. We're going to go out to the desert."***

Get the rest that you need. Don't rise up early and stay up late. I think one of the real enemies of health is late night television. It leaves you worn out the next day.

Article in the paper recently that said, ***"Study ties too much tube to tubby teens. Heavy doses of television make children fat and youngsters addicted to the tube early in life grow to be overweight teenagers a new study has found. Obesity increases by two percent for each additional hour they average in front of the television each day."*** Make sure you're

budgeting your time wisely. Make sure you get enough rest and sleep.

#### 5. LIVE IN HARMONY WITH GOD

Proverbs 14:30 ***"A heart at peace is life to the body..."*** Our emotions have a tremendous effect on our physical health just like our physical health has a tremendous effect on our emotions. You cannot fill your life with guilt and worry and bitterness and anger and fear and expect to be in best possible health. A heart at peace gives life to the body.

What is peace of mind? It comes from two things. Peace of mind comes from a clear conscious and a purpose for living. When you have those two things your health is going to improve. ***"A heart at peace is life to the body..."***

You can never have best physical health until you begin to pay attention to the emotional and spiritual dimensions of your life. That's what salvation **is all about**. **"Salvation"** means **"wholeness"**. It means you're whole physically, emotionally, spiritually, mentally, socially. The starting point is when you invite Jesus Christ into

your life and say, "Jesus Christ, help me to get it together in every area. I want to live in harmony with You."

Why a message on physical fitness on Sunday morning? If you feel bad, it affects every area of your life. It's a part of stewardship. Your body is a gift from God. What are you going to do with it?

**How do you** get started?

**1. Accept responsibility for your own feelings.** The fact is, there are things beyond our control. You didn't choose your genes -- your genetic makeup -- which gave you your basic body type. You didn't choose that. You didn't choose the circumstances by which you were fed or nutritionally enhanced as a kid. There are factors we cannot control. But there are some things in our life that we can control. If we follow these principles they will make an improvement in our life. You ask God to help you change.

Some of you say you're having a hard time with the battle **of self control.** **Galatians 6:7** *"When you walk in the Spirit you will not fulfill the desires of the flesh."* Ask God's Spirit to help you out and help you have self control.

**Romans 12:1** *"Make a decisive dedication of your bodies as a living sacrifice, devoted and well-pleasing to God."* The Bible says we can offer our bodies to God as a gift, as a dedication to Him. And it is well pleasing to God.

**Prayer**

Christ as the center slide