

Sermon Notes

Ephesians 5 (10-17-10)

REAL MEN... ARE HEALTH CONSCIOUS!



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The Family Series

TEXT: Ephesians 5:28 So ought men to love their wives as their **own bodies**. He that loveth his wife loveth himself.

29 For **no man ever yet hated his own flesh**; but **nourisheth** and cherisheth it, even as the Lord the church:

Philippians 1:9 And this I pray, that **your love** may abound yet more and more in knowledge and in all judgment;

Luke 8:27 And when he went forth to land, there met him out of the city a certain man, **which had devils long time, and ware no clothes**, neither abode in any house, but in the tombs.

Mark 5:2 And when he was come out of the ship, immediately there met him out of the tombs a man with an unclean spirit,

3 Who had his dwelling among the tombs; and no man could bind him, no, not with chains:

5 And always, night and day, he was in the mountains, and in the tombs, crying, and **cutting himself with stones**.

Mark 9:20 And they brought him unto him: and when he saw him, straightway **the spirit tare him**; and he fell on the ground, and wallowed foaming.

21 And he asked his father, How long is it ago since this came unto him? And he said, Of a child.

22 And **ofttimes it hath cast him into the fire, and into the waters, to destroy him**: but if thou canst do any thing, have compassion on us, and help us.

John 10:10 The thief cometh not, but for to steal, and **to kill, and to destroy**: I am come that they might have life, and that they might have it more abundantly.

John 8:44 Ye are of your father **the devil**, and the lusts of your father ye will do. He was **a murderer** from the beginning...

Romans 1:24 Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to **dishonour their own bodies** between themselves:

1 Corinthians 6:18 Flee fornication. Every sin that a man doeth is without the body; but **he that committeth fornication sinneth against his own body.**

1 Thessalonians 4:4 That every one of you should **know how to possess his vessel in sanctification and honour;**

1 Corinthians 6:9 Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor **abusers of themselves with mankind,**

Proverbs 26:15 The **slothful** hideth his hand in his bosom; **it grieveth him to bring it again to his mouth.**

Proverbs 19:24 A slothful man hideth his hand in his bosom, and **will not so much as bring it to his mouth again.**

Proverbs 19:15 Slothfulness casteth into a deep sleep; and **an idle soul shall suffer hunger.**

Proverbs 26:9 As a **thorn goeth up into the hand of a drunkard,** so is a parable in the mouth of fools.

Proverbs 25:16 Hast thou found honey? eat so much as is sufficient for thee, **lest thou be filled therewith, and vomit it.**

Ecclesiastes 10:17 Blessed art thou, O land, when thy king is the son of nobles, and thy princes **eat in due season, for strength,** and not for drunkenness!

Proverbs 11:17...he that is cruel **troubleth his own flesh.**

Ecclesiastes 4:5 The fool foldeth his hands together, and **eateth his own flesh.**

Ephesians 4:13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a **perfect man**, unto the measure of the stature of the fulness of Christ:

14 That we **henceforth be no more children, tossed to and fro**, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;

15 But speaking the truth in love, **may grow up** into him in all things, which is the head, even Christ:

Luke 16:16 The law and the prophets were until John: since that time the kingdom of God is preached, and **every man presseth into it**.

Matthew 11:12 And from the days of John the Baptist until now the kingdom of heaven suffereth violence, and **the violent take it by force**.

Luke 7:25 But what went ye out for to see? A man clothed in soft raiment? Behold, they which are gorgeously appavelled, and **live delicately**, are in kings' courts.

Job 38:3 **Gird up now thy loins like a man**; for I will demand of thee, and answer thou me.

1 Samuel 4:9 Be strong, and **quit yourselves like men**, O ye Philistines, that ye be not servants unto the Hebrews, as they have been to you: **quit yourselves like men**, and fight.

2 Samuel 10:12 Be of good courage, and **let us play the men** for our people, and for the cities of our God...

1 Chronicles 19:13 Be of good courage, and let us **behave ourselves valiantly** for our people, and for the cities of our God: and let the LORD do that which is good in his sight.

Judges 6:12 And the angel of the LORD appeared unto him, and said unto him, The LORD is with thee, thou **mighty man of valour**.

1 Kings 11:28 And the man Jeroboam was a **mighty man of valour**: and Solomon seeing the young man that he was **industrious**, he made him ruler over all the charge of the house of Joseph.

1 Corinthians 16:13 Watch ye, stand fast in the faith, **quit you like men**, be strong.

"Be of good cheer, Master Ridley, and **play the man**, for we shall this day light such a candle in England as I trust by God's grace shall never be put out."
(Hugh Latimer, 1485-1555)

2 Timothy 4:13 The cloke that I left at Troas with Carpus, when thou comest, **bring with thee**, and the books, but especially the parchments.

Matthew 10:37 He that **loveth** father or mother **more than me** is not worthy of me: and he that loveth son or daughter more than me is not worthy of me.

Luke 14:26 If any man come to me, and hate not his father, and mother, **and wife**, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.

John 17:19 And for their sakes I sanctify myself, that they also might be sanctified through the truth.

1 Corinthians 6:13 Meats for the belly, and the belly for meats: but God shall destroy both it and them. **Now the body is not for fornication, but for the Lord**; and the Lord for the body.

20 For ye are bought with a price: therefore **glorify God in your body**, and in your spirit, **which are God's**.

Colossians 2:18 Let no man beguile you of your reward in a **voluntary humility**...

23 Which things have indeed **a shew** of wisdom in will worship, and humility, **and neglecting of the body; not in any honour to the satisfying of the flesh**.

1 Corinthians 9:27 But I **keep under my body**, and **bring it into subjection**: lest that by any means, when I have preached to others, I myself should be a castaway.

1 Timothy 3:4 One that **ruleth well his own house**, having his children in subjection with all gravity;
5 (**For if a man know not how to rule his own house, how shall he take care of the church of God?**)
12 Let the deacons be the husbands of one wife, **ruling their children and their own houses well**.

Colossians 3:23 And whatsoever ye do, do it heartily, **as to the Lord**, and not unto men;

Ephesians 5:22 Wives, submit yourselves unto your own husbands, **as unto the Lord.**

"*Scientists Say Cancer Is a 'Man-Made' Disease* - (MANCHESTER, England) - Environmental factors, such as pollution and **lifestyle choices**, are to blame for causing cancer in humans, according to a study conducted at the University of Manchester. The scientists deemed cancer as a 'man-made' disease after studying hundreds of mummies, fossils, and ancient literature. Their research, published in *Nature*, found only one case of cancer in the mummies studied, as well as few literary references to the disease. They suggest this proves cancer was very rare in ancient times, and point out that the rate of the disease has risen greatly since the Industrial Revolution. Professor Rosalie David, at the Faculty of Life Sciences, said...'it has to be a man-made disease, down to pollution and changes to our diet and lifestyle'..."
(www.wtma; ABC News Radio)

Communist Rules for Revolution?:

"Corrupt the young...Make them superficial; destroy their **ruggedness**...cause a break down in the old moral virtues...[such as] **ruggedness**."