

# "A Healthy New Year"

(How to maintain your body for God's use and glory)  
Selected Scriptures

## INTRODUCTION:

Today, I would like to focus our attention on taking care of our Bodies.

How do I maintain my body for God's use and glory?

### 1. View your Body and its value from God's perspective

- o We were created in God's image. - Genesis 1:26
- o *We are Spirit, Soul and Body* - 1Th 5:23
- o Nothing is of more value to you than your soul/spirit.



### 2. Surrender your body to God and His will (*Romans 12:1*)

**Don't forget who owns your body** - 1 Corinthians 6:19-20

Your body is God's "Temple"

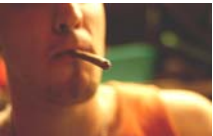
**Don't worship your temple**

- Beware of the vanity of preoccupation with outward appearance - 1 Peter 3:3-4
- Beware of the idolatry of self



**Don't defile your temple**

- Through smoking or drug use
- Through drinking alcohol
- Through over-eating or under-eating
- Through self-inflicted wounds



### 3. Maintain your Body for God (I Cor.10:31; I Tim.4:8)

**Reasons why people get sick** (*The Word on Health: Dr. Michael D. Jacobson*)

- **Sickness unto Death** (2 Ki 13:14)
- **Sickness to Glorify God through Healing** (Jn 11:4)
- **Sickness to Test or Develop Character** (2 Cor. 12:7; Job 2:3-7)
- **Sickness Due to Chastisement for Sin**
- **Sickness Due to a Broken Spirit** (e.g. depression) Proverbs 17:2;  
Proverbs 18:14
- **Sickness Due to Physical Causes/Natural Law**

(*The Word on Health*, Dr. Michael D. Jacobson, p.

--Our bodies are "wonderfully made" (Ps. 139:14) and have tremendous healing and regenerative capabilities built in.

### Vital Ingredients for a Healthy Body:



- 1) **Righteous Living**
- 2) **Physical Exercise** (1 Tim. 4:8)
- 3) **Healthy Eating Habits**

- a. **God's original design was that man eat only fresh vegetables and fruit**  
Genesis 1:29
- b. **God did allow for the eating of meat after the flood** (Gen. 6:19-21)

#### When eating becomes sin:

- When one eats with offense (1 Cor. 8:13)
- When food becomes an idol (cp. Rom. 1:25)
- When food becomes an addiction (Pr 23:2)

#### c. **People need self-control in eating habits**

(Gal. 5:22-23; 1 Cor. 6:12-13; 1 Cor. 9:25-27)

- 1) Don't be a slave to your appetites (Prov. 23:2)
- 2) Eat for energy, not for pleasure
- 3) Eat only what you need (*Proverbs 25:16*)
- 4) Eat "real" food (Gen. 1: 29)
  - a) Organic is best
  - b) Avoid spoiled (by man's corruption) or refined food
- 5) Make plant food the foundation of your diet (Gen. 1:29)
  - a) Grains without refinement
  - b) Fiber
  - c) Vegetables, fruits, beans, seeds, and nuts
- 6) Prefer "clean" animal flesh (Gen. 9:3) (Lev. 11)
- 7) Don't eat blood or improperly prepared meat (Ac 21:25)
- 8) Don't eat the "hard" fat of animals (Lev. 3:17, 7:23)
- 9) Give yourself periods of prayer and fasting (Joel 2:12; Ezra 8:23)



#### 4) **Clean Air & Clean Water**

- a. Clean Air --No intentional smoke
- b. Clean Water - Deut. 8:7

#### 5) **Adequate Rest** (Ps. 127:2)