

# Drink for your health

By Steve Reynolds

sermonaudio.com

**Preached on:** Wednesday, August 6, 2014

**Capital Baptist Church**

3504 Gallows Road  
Annandale, VA 22003

**Website:** [www.capitalbaptist.org](http://www.capitalbaptist.org)

**Online Sermons:** [www.sermonaudio.com/capitalbaptist](http://www.sermonaudio.com/capitalbaptist)

Dehydration. There are lots of statistics out there but probably about the most common statistic given is that about 75% of Americans are dehydrated pretty much all the time. About  $\frac{3}{4}$  of Americans are dehydrated and dehydration is really bad for you. And part of the reason that it's bad for you is basically your body when you don't get enough water begins kind of like a rationing system and basically begins to prioritize the water that you're taking into your body and so it kind of begins with some of your more vital organs, not that I have any non-vital organs. Do you have any non-vital organs? But basically it starts like with your brain, your heart so if you drink a little bit of water and say, "Okay, man, I got a little water here. Man, let's shoot some up here to the brain," or whatever. And then you drink a little bit more and you say, "Well, I think I'll give the heart some water," or whatever and it begins to prioritize that and so when you don't get enough water, what happens is you leave off vital parts of your body. For example, your biggest organ is your skin. This is the number one organ that we have. Your skin is your number one organ. Who wants to leave off their skin. What happens? We get all dried out and so rather than going like this, "I'm going to drink some water to get my skin hydrated," what do we do? We start putting lotions on it and things like that. I'm not saying you can't do that but the point is if we really drink enough water, maybe we can limit some of that or not have that or whatever and we take care of our bodies.

So just think about this whole idea of how your body reacts when you don't get enough water. It starts rationing the water. Listen, I don't want any of my organs left off, do you? I mean, I don't have any non-vital organs. As far as I know, God put them all in there for a reason so I guess I'd better drink enough water so that I get enough water in there. So when you feel thirsty, this means you're already dehydrated. The whole goal is to never be thirsty. I know that's a great goal and I can't say I meet that goal but I strive for that goal and the more I've studied this, the more I'm going to strive for that goal. The bottom line is to drink early, to drink beforehand.

So what happens if you get dehydrated and get in a constant state of dehydration, it damages your body and as I've studied this there are at least a couple of things that I saw that really spoke to me that ways that I damage my body by not drinking enough water because, you know, when I was 340 pounds and things like that, I didn't drink water. I did not drink water and at least two things happened to me: 1. I damaged my vocal cords and so basically I never drank water but I was constantly speaking and over time, I damaged my vocal cords and got a couple of nodules on my vocal cords and had to have surgery

and things like that and really it's all because this water here is like lubrication. This water is like oil to a car and here I was speaking, speaking, speaking and never taking time to properly put on my vocal cords what they need. These days, I do three services on Sunday morning and in the morning I'm drinking like 5-6 bottles of water, pretty much drinking it all morning long, taking care of my vocal cords. But again, I damaged a vital part of my body because I didn't take care of that.

The second thing is high blood pressure. Your blood is made up of 83% water and when you don't get enough water your blood thickens and when your blood thickens, listen, the body has to work harder to push the blood through the system. So when that happens, it can cause high blood pressure to occur in your body. Again, back in the day when I didn't drink any water or not enough water, I had high blood pressure. Today I'm 56 years old and I do not have high blood pressure and that's because of a lot of lifestyle changes but no doubt water was part of that. My blood is thinner, I guess or whatever, because of drinking water. So the bottom line is: I damaged my body. Those are two known ways that I can identify that I damaged my body because of not being properly hydrated.

So I want you to think about it. What kind of damage can you do your body? What kind of damage are you doing to your body because of this issue of dehydration? Water, on the other hand, is really good for you. Water is really good for you. You say, "Well, who said water was good?" Well, God said water was good. In Deuteronomy 8:7 it says, "For the LORD your God is bringing you into a good land," would you circle those words "good land." What's going on is the Israelites are going over into the Promised Land and God says, "I'm sending you over to this Promised Land and it's going to be a good land." Now, because these were Baptists, they wanted to know what they were going to be eating over there, okay? This is so true. If you're going to lead a church, if you're a Methodist or whatever you might be, you know that everybody wants to know what the food is going to be like. So he says, "I'm bringing you into a good land," and the first thing he does is he describes to them what's going to be there when they get there. And guess what he starts out with? He says, "I'm bringing you to a good land and it's a land of," what? "Brooks of," what? "Water." Wow! Now you can imagine these days if we said that we're going to a good place and there's going to be lots of good water, well most people would say, "What are you talking about? Isn't Coke going to be there?" By the way, Coke, more people in the world know about Coke than Jesus. That's an absolute fact. It's a sad fact. I'm telling you that Coke has gone where Jesus hasn't gone as far as spreading the message of Jesus Christ to the world. That's a sad but true statement.

God says that it's a good land and that good land is going to have brooks of water, there are going to be fountains, there are going to be springs that are going to flow out of valleys and hills. So God says, "I am taking you into a good land," and obviously he is saying water is good for you because I'm going to make sure you've got some good, clean water to drink. Your body is mostly water and all your bodily functions require it. Just think about that there are a couple of statistics there talking about our body and what percentage of our body is water. The brain and the heart is 73% water. The lungs are 83% water. The skin is 64% water. The muscles and kidneys are 79% water. Even our bones are 31% water. I mean, we're basically water.

I remember a while back this doctor said to me, he said, "Listen, if I took you up to a ten story building and dropped you off the building, when you hit the concrete pavement, you would splatter. You would splatter." He said, "The reason you would splatter is because you are made up of so much water. We are basically made up of water." This next quote talks about the difference between men and women that basically men are about 60% water and women are a little bit less than that because men typically have a little more muscle and women have a little more fat and the women, it's 55% water. So just think about that. I mean, we are water. We are water and that makes sense that we're going to require lots of water.

Now, one of the biggest challenges I faced and a lot of us face is we have an attitude problem and that attitude is, "I don't like water. I don't like water." I mean, how many people say, "I don't like water." And I cannot tell you today I like water. I cannot tell you I like water. I can't say that I dislike water but if I had to be honest with you, I cannot say, "I like water." I will tell you that I'm addicted to water. I'm telling you that I have to drink water. I mean, my body craves water but I can't say I like it. You say, "Well, why do you drink it?" Because I have a philosophy and that is that I'm going to drink for my health and not my happiness. I'm going to drink for my health and not my happiness. You see, the bottom line is: I want to put in my body what's going to make me healthy. And when I look at something, I don't think, "Does this make me happy?" I think, "Does this make me healthy?" The good news is as you develop your lifestyle plan, those two merge together and what makes you healthy also makes you happy and what makes you happy also makes you healthy. But there are times when you have to make tough decisions and you might say, "Well, drinking a Coke would make me more happy," and that might be true but would it make you more healthy?

So we have to get over this attitude that what we like and what we don't like, we've got to think in terms when it comes to eating and water and things like that, we've got to think about what makes us healthy. Everything you put in your mouth, you ought to ask yourself, "Is this going to contribute to my health? Is this going to make me a more healthy person?" You need to be thinking about that and consider that in your life.

Tonight, let's look at some vital parts of water. The first thing that I want to talk about that's going to blow your mind, it blew my mind, is the Bible and water. Now, I've never heard anybody talk about this topic. I've never spent any time myself researching this topic. Maybe you have. Maybe you've heard somebody talk about the Bible and water. So let's begin here. How many of you think prayer is important? Raise your hand. Just slip your hand right up. Oh man, this is a godly group of people here. Godly group. Man, I done walked in a room on holy ground here tonight. Did you know the word "water" is mentioned twice as much as the word "pray" in the Bible? Well, welcome to the meeting. In the New King James Version which is the text I use, the word "water" appears 723 times. 723 times. The word "pray" appears in the Bible 376 times. So that's like 48% whatever it is, it's right on the verge of twice as much. Almost twice as much. You know, that blew my mind. I'm telling you, if I got up in church on Sunday and I got up and said, "I'm gonna talk about water today," I'm telling you, our congregation would say, "Oh my

goodness. Talking about water? What in the world are you talking about?" But if I got up and said, "I'm going to talk about prayer," which I'm doing right now, I'm doing a series right now on prayer, they would say, "Good job! Way to go. Way to preach the word. Way to be in the Bible," or whatever. But guess what? We're missing out on a lot of the Bible because we're not teaching the word of God. We're not teaching what the Scriptures tell us.

The first time water is mentioned in the Bible is Genesis 1:2. That's the first time water is mentioned in the Bible, Genesis 1:2. Here the Bible says, "The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters." What you've got to understand is that you've got Genesis 1:1, "In the beginning God created the heavens and the earth," and then you've got 1:2 and so the bottom line is, water came before anything, right? Before the light came. Before the sun came. Before the moon came. Before the plants came. Before living creatures came or anything else, there was water. And God created lots of water, about 2/3 of the surface of the earth is covered by water. About 2/3 of the surface of the earth is covered by water. I love this: the water fills the deepest trenches on earth which are an amazing 35,000 feet below sea level. Only the mountains and higher land masses extend above sea level. The amount of water in the ocean would cover the entire earth to a depth of about 8,000 feet if the surface of the earth was completely smooth. God created a lot of water. It's not all drinkable water, there is salt water and things like that but the point is that God had a priority on water. God knew that this was going to be a basic component of – listen – life. Life, and so before he could create all these other forms of life, he had to make sure there was going to be lots and lots of water.

Now, one of the things that really struck me were the important things that water symbolizes in the Bible. I'm going to ask you if you can think of any. We've already heard the water to wine. That's great, the first miracle Jesus did, Jesus used water. That was good. So you get extra points for that. Good job. That's the kind of thing I'm looking for. That was perfect. Here are some that I want to show you. What I'm talking about is where God uses water to say something else is like water. The first thing is: the nature of God. God described his own self as water. In Jeremiah 2:13 it says, "For My people have committed two evils: They have forsaken Me, the fountain of living waters." He calls himself the fountain of living waters. He says, "I am a fountain of living waters," and he says, "They've turned from me and they went chasing down these other cisterns, these broken cisterns that don't hold any water." People are going after things apart from God and, of course, being dissatisfied. But he himself says, "I am a fountain of living waters."

Then the sign of the covenant. God gave a covenant and the covenant he gave was a sign that he gave and that is the rainbow. After God destroyed the earth by flood, the Bible says that God came and he established a covenant. In Genesis 9 it says, "And God said: 'This is the sign of the covenant which I make between Me and you, and every living creature that is with you, for perpetual generations: I set My rainbow in the cloud, and it shall be for the sign of the covenant between Me and the earth. It shall be, when I bring a cloud over the earth, that the rainbow shall be seen in the cloud,' and listen, "I will remember My covenant which is between Me and you and every living creature of all

flesh; the waters shall never again become a flood to destroy all flesh." Basically God says, "Okay, I am making a covenant with you. I will never destroy the earth again by water," and he put this thing up in the sky called a rainbow and every time you see a rainbow, it was given to remind us that we don't have to worry about water destroying the earth. What is a rainbow? A rainbow is basically water molecules with light shining through them. It's water molecules with light shining through them.

So God decided to use water to create this beautiful cool thing called a rainbow to remind us of that covenant. He used water. A third thing is: the symbolism of salvation. The symbolism of salvation. We're talking here about baptism. Now, baptism doesn't save us. We cannot get to heaven through water. Water will not get us to heaven but the Bible does teach that water is a symbol of our salvation and this symbol of our salvation is baptism. Jesus showed us the example of baptism in Matthew 3 how that he was willing to go down into the water and to be baptized. In Romans 6:4 it tells us that baptism is a symbol. I don't know what your church background is but the Bible teaches what's called immersion and basically what immersion is, according to the Bible, it's a picture of our salvation and that is the picture of the death, the burial and the resurrection Christ. So it says that when we are baptized, we are portraying the symbol of our salvation. It doesn't say this, we can't get saved through water, we're saved through the blood of Jesus Christ but basically God came up with this cool symbol that once you're saved, once you know Christ, that you are to follow him in what we call believer's baptism. So when a person comes down to get baptized, what I say to them, I say, "Have you ever accepted Jesus as your Savior?" because that's the prerequisite. The person who is to be baptized, are they saved? Do they know Jesus? And they say, "Yes." You say, "How do you know they're going to say yes?" Because I talked to them beforehand. That would be very embarrassing if they said no. Anyway, I say, "Okay, based on your profession of faith, based on you saying you profess Jesus is your Savior, I now baptize you in the name of the Father, Son and the Holy Spirit." Why do you do that? Because Matthew 28:19-20, that's what Jesus said to do, baptize them in the name of the Father, Son and the Holy Spirit. Then I say, "Buried in the likeness of his death, raised in the likeness of his resurrection." It's a picture that Jesus died, Jesus was buried and Jesus rose again to give me eternal life. Think about all the different ways God could have symbolized salvation. He chose water. He chose water. That is so cool.

Then the receiving of the Holy Spirit. In John 7 it says, "On the last day, that great day of the feast, Jesus stood and cried out, saying, 'If anyone thirsts,' I like this, 'If you thirst, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water. But this He spoke concerning,' who? 'The Spirit,' the Holy Spirit. He says, 'Come to me and I will give you a river of living water. This river is going to flow out of you.' He says, 'What I'm speaking about is I'm speaking of the Spirit whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.'" What that means is: when Jesus was on this earth in the Old Testament, the Holy Spirit would show up but only for temporary things. The Holy Spirit didn't stay, if you will, but when Jesus went up to heaven, the Holy Spirit came down and indwells us and fills us in a permanent way. Again, God describes the receiving of the Holy Spirit like water, like a river of living water.

Then the cleansing of God's word. The cleansing of God's word. In Ephesians 5, it talks about the responsibility of a husband and the Bible says a husband is commanded by God to love your wife. "Husbands love your wives." How do I do that? Well, just look at Jesus. "Just as Christ also loved the church and gave himself for her." Husbands are to lead in a sacrificial way, sacrificial leadership. Then verse 26, "that He might sanctify and cleanse her with the washing of water by the word." How can a man or a woman for that matter, be sanctified? How can we be cleansed? How can we grow? Well, it's talking about the washing of water by the word and so when it talks about when this word comes into our life, it's like water cleansing us. It's like water coming into our lives. Isn't that awesome? These are big events when you think about it. I mean, these are major things. These are things that in the Christian faith we hold to very, very dearly and yet God says, "Hey, they're like water."

But can you think of any verses that talk about water? The woman at the well. That was a great miracle, wasn't it? Yeah, obviously a lot of the verses were, "They watered the ground," or whatever. Again, God could have used any illustration. Do you understand that? He just chose water. Walking on water. Jesus walking on the water. Okay, so what I'm trying to get across to you is that this is the word of God and, again, using this is biblical and we're not talking about this stuff for nothing. I'm telling you, it's spiritual blindness. Once again, the longer I get into this stuff, the more I see how spiritually blind we are in the church and pastors are blind. We're all blind. Again, twice as much as prayer. Twice as much as prayer.

Let's move to number two: why drinking water is important to weight loss? Early on, I understood the importance of weight loss and water and if you've ever read my book "Bod4God" you know we focus on eating less, exercising more but there's a little section in the back of every chapter called "Do You Know about H<sub>2</sub>O?" because it's important. And any plan we have is going to have to do with the eating, it's got to do with the exercising but it's also going to have to deal with drinking water. Here's a nice little tutorial that I found that I think really lays out some of the important points about water and weight loss. I'd like to just kind of read these and make a few comments. Let's just kind of go through this bullet list.

1. Initial weight loss is largely due to loss of water. You need to drink an adequate amount of water in order to avoid dehydration. So when you first start out on a new diet program and start eating less and you start losing weight or whatever we get excited and we lose those pounds but a lot of times it's water and we need to make sure we're drinking enough water to meet that demand.

2. The process of burning calories requires an adequate supply of water in order to function efficiently. Dehydration slows down the fat burning process, underline that. Dehydration slows down the fat burning process so if we don't drink enough water, we're hurting our fat burning and, of course, if we drink enough water, what are we doing? We're accelerating that.

3. Burning calories creates toxins. This is a big one here. I love this image: think of the exhaust coming out of your car and water plays a vital role in flushing them out of your body. So when we're trying to get healthy, we've got this junk inside of us, all of these toxins and things like that and we need to push that stuff out of our bodies and God uses water to help do that.

4. Dehydration causes a reduction in blood volume. A reduction in blood volume causes a reduction in the supply of oxygen to your muscles and a reduction in the supply of oxygen to your muscles can make you feel tired. Let's just keep it simple there. You get tired when you're dehydrated. One of the reasons I like to drink water first thing in the morning and I'll say that a little bit later, it gives you energy.

5. Water helps maintain muscle tone by assisting muscles in their ability to contract and it lubricates your joints, underline that, lubricates your joints. Proper hydration can help reduce muscle and joint soreness when exercising. If you don't want to deal with that soreness that comes from working out, drink plenty of water.

6. A healthy weight loss diet includes a good amount of fiber. In Bod4God we recommend 35 grams of fiber a day. That's a lot of fiber when the average American is eating about 10-15 grams so that's a lot of fiber. But while fiber is normally helpful to your digestive system, without adequate fluids it can cause, here it is, constipation instead of helping to eliminate it. So you've got to get that fiber going to healthy and to lose the weight but you've got to get it out, right? And that comes through drinking adequate amounts of water.

Lastly, drinking water with a meal may make you feel full sooner and therefore satisfied, eating less. Then I give a little note there and that's because a lot of times we get confused and we're really thirsty but we interpret it as we're hungry and so one of the basic, basic, basic things of any plan for losing weight is drink something first to make sure you really need to eat something. Drink some water and quench that thirst and who knows, that very likely can also help you with your hunger.

So the bottom line is that if we want to lose weight, we need to drink water. Then water and your health. What's the big deal about water? Water and your health. So many of you would say they don't like water but your body likes it a lot. I've got a handout here called "Why Water Matters" and I'm giving you this handout for two purposes: 1. This is a resource I really like and some of you know that I make a habit every day of taking 15-30 minutes when I'm writing a book or not writing a book, speaking or not speaking, I just every day pretty much spend 15-30 minutes reading something about health and wellness. One of my favorite resources is called "Experience" and there's a website on the back here [experiencelife](http://experiencelife.com). What happened to me was I joined a gym, Lifetime Fitness, which is a wonderful gym and being part of the gym was they sent you a subscription to the Experience Magazine and then I decided I didn't really need to pay \$125 because I really didn't need mahogany staircases in my gym. I was cool without mahogany staircases and I would rather pay \$26 at Fitness First and it had everything I needed. So I canceled my membership at Lifetime Fitness and when over to Fitness First which now

Gold's Gym bought them out but I'm still paying \$26. But I was so loving this magazine that after I quit my Lifetime Fitness and they quit sending it to me, I went out and found it. You can get so much on their website but I like to handle things too as well. I actually every month get this magazine. It's a really good magazine. Again, this article comes right off of their website.

But let's just talk about why water matters. I'm not going to read it to you but just look at the bolded words. Energy. It gives you energy. You're tired, you're worn out, drink some water. Digestion. You pop in those Tums and everything else. Maybe you just need to start drinking more water. Regularity. You having problems with constipation or whatever? Regularity is critical and water is part of that. Your blood pressure. I mentioned that. There it is, explaining how it all works together. Stomach health. It helps you keep your stomach healthy. Respiration. It helps you with your breathing. Remember, your lungs are hugely a part of water. Acid and alkaline balance. Weight management. On the back, skin health. Do you want to have nice, pretty skin? Drink plenty of water. Cholesterol. I had high cholesterol. Maybe it was because I wasn't drinking enough water. Kidney and urinary health. Joint health. Aging. Helps you to not look so worn out when you're aging.

That's a pretty impressive list, right? You say, "Well, I don't like water." Well, flip it around: do you like being tired? Do you like having digestive problems? Do you like being constipated? Do you like high blood pressure? Do you like having stomach problems? Do you like not being able to breath properly? Do you like having your acid/alkaline imbalance? Do you like being overweight? Do you like having old skin? Dried up, wrinkled up skin? Do you like having high cholesterol? Do you like having problems with your kidneys and urinary tract? Do you like having joint problems? Maybe you like looking old, old, old. Man, it's time to drink some water, amen? We have water for anybody who wants it. Let's all take a swig of water here, man. Cheers. Cheers to water. Amen. Cheers to water. I still don't like it. I cannot tell you I like water. Maybe you like it. I can't say I dislike it but I cannot tell you I like it so again, it's healthy.

Water and your health. How much water should I drink? How much water should I drink? Let's talk about that. There are different factors here. You've got to obviously look at how much activity you're doing, what's the temperature and humidity of your environment, is it winter time, is it summer time, are you working outside, are you in the air conditioning. It's not as simple as whatever but my favorite person, my kind of go-to doctor that I respect the most and I probably know a couple hundred doctors personally from all the travels and things I've done, but I love Dr. Don Colbert and he wrote a book called "The Seven Pillars of Health." We did that like for three summers. It was a summer program some of you went through that and that was also well attended and people signed up and showed up for that one too. Here's his answer and I think it's a really solid answer. I'm just going to read this. He says, "The answer is that our bodies yearn for pure clean water but one of the most common questions I hear is, 'How much water should I drink?' I'm going to give you the answer to that question: to determine how much water your body needs, take your body weight in pounds and divide it by two. That's how many ounces of water you need a day." That's about 2-3 quarts for most



people. "Usually that amounts to 2-3 quarts a day. Picture a one gallon container of milk and imagine it  $\frac{3}{4}$  full. If you are an average sized person, that's about how much water your body needs daily. If you weight 120 pounds, you will need 60 ounces of water. If you weigh 220 pounds, you will need 110 ounces of water. Most people have no idea they require that much water. Here's a big thing to remember: but you won't consume it all in liquid form. Simply by eating lots of fruits and vegetables, as you should, you will get about a quart a day. Foods such as bananas are about 70% water. Apples about 80% water. Tomatoes and watermelons about 90% water. And lettuce is 95% water." So you pick up a banana and you eat it, 70% of it was water and the other part was probably a lot of fiber. "If you eat an inordinate amount of starches like breads or pastries," which nobody here does, "you will need more water because these foods add little water to your body." Isn't that a great quote? If you Google that quote and work on it, you'll see there are a lot of people that agree on this idea of half your body weight.

The color of your urine can give you some indication. It should be kind of like a light pale yellow. If you're taking vitamins, you know that can cause an issue there, antibiotics, things like that. Some of the foods that you can eat can also cause some coloration. But that's also a good indication. Just looking at your urine and how it's coming out.

You say, "Well, how can I keep up with all that?" Well, use technology. Technology is a great means. There are all kinds of apps and things. We're going to talk about that in a second, that are available. So shoot for 50%. Whatever your weight is, divide that in two and then start striving by taking small steps in life to get to that level.

Let's talk about some tips on drinking water. Some tips on drinking water. These tips come right out of my own life. I'm going to tell you right or wrong, good or bad, up or down, like it or don't like it, I'm literally going to tell you what I did and what I've done. Here it is. Open book. Steve Reynolds' tips on drinking water. 1. When I started to focus on this, I tell you, folks, I did not drink water. I did not drink water. I drank soda. I drank lots of coffee. I drank a lot of orange juice. I drank all those kinds of things but I did not drink water but when I decided to drink water, what I did was that I went out and I discovered flavored water. I'm not saying that it's good, I'm not saying that the chemicals are good. I'm just telling you what I did. This was my small step in life and I found this product called Propel. Now, this is like in 2007 or whatever, these days there are dozens of these waters. Propel might have been the first one. It was definitely one of the first ones. This idea of flavored water back in that time was very unusual. But for me it was a small step to life. I cannot tell you I jumped to clean water, pure, clean water. That was a step I took so you might need to take that step. I don't know. I don't recommend it. I'm just telling you what I did. I'm for just good, clean water. I think that's the best thing you can do but if you can't quite swallow that yet, go ahead and find some of these things and check them out.

Here's the deal: start your day with a big glass of water. I have a spiritual moment every day with water and I'm going to tell you what I do and don't judge me, don't criticize me, don't call me good or bad or whatever, don't call me a nut. I am a fanatic but I'm not a nut. But literally when I get out of bed, what I do first, I go to the bathroom. That's what I

do first. TMI, right? Then I come bounding down the steps and I go straight to my refrigerator. On my refrigerator we have a little filtered water deal and I get my first glass of water. I keep a glass right up on top of the refrigerator. It's easy for me to get to. I don't have to wonder where the glass is. I don't have to wonder if it's a clean glass. I've got my water glass and it's sitting right up there. I grab my water glass and I hit the thing, sssshhh and this is what I do, I say, "Okay Lord, I'm ready." The first thing I do is I think about my body and I thank my body. You know, my body has been working really hard all night. I might have been resting but my body has been working. My body has been fixing things, correcting things. Man, it has been working hard, hard, hard.

Just imagine, let's say you sleep 5-6 hours or maybe you sleep more than that, 7-8 hours, 9 hours. Let's just say 5 hours. Five hours is a long time when you think about it and most of us are sleeping hopefully more than 5 hours but I'm just saying that some of us might have sleep problems or whatever. Even take 5 hours, that's a long time. Hopefully we're up to 7, 8, 9 hours. Just think about that during the day, how long a span that is and that's what your body has been doing. You've been unconscious in the sense of sleeping but your body has been doing all kinds of good stuff. You need to say thank you. Let me give you some water. Good job. And then I'll say Psalm 118:24, "This is the day the Lord has made; We will rejoice and be glad in it." Then I drink my first glass of water of the day. Isn't that good? Amen. Praise the Lord. I think about it, 1. It's starting my metabolism. Let's get that sucker going. Then it gives me a burst of energy. It really does. Water does give you energy. It does indeed give you energy. So that's what I do.

Next thing, keep water near you as much as possible. I have water close to me all the time. All the time. Have it in your home, keep it in your car. You have the whole idea of plastic bottles heating up so you've got to be careful about that and all the plastic toxins and stuff coming off of it but, again, keep it close to you. Have it at your office. Have it close by because if water gets near you, it will get in you. That's one of our pet statements from *Losing to Live*. If food gets near you, it will get in you so if you want to control what you put in your body, control what you put around your body because what you eat will eventually get in you. The same thing is true of water: keep the water close by. Keep the water close by. I meant to bring one tonight but the best deal I've personally done on water, Trader Joes has a real big bottle and I think it's 83 cents. I buy a whole bunch of those at a time and for me it's one of the better values when it comes to water. But the point is: just keep it close to you. Keep it close to you. Keep it near you.

Add lemon or some other fruits are good. It varies the taste and here's a big deal: it provides an alkalizing effect and keeping your body properly alkalized is important. So add that lemon. It just gives it some variety. Sometimes I'll put a lemon and stevia in there and kind of make my own version of lemonade.

Drink only water when eating out. It's good for the body and your money. You should just be drinking water anyway but for my own self, this is a big deal. If we go out to eat with my family, that's eight of us plus Olivia, the baby. When the waiter comes up to the table and says, "What do you want to drink?" there is no negotiating, there is no asking what are we going to have to drink. "Eight waters. Thank you very much." It's already

decided. The decision is over. We need water and I'm not spending \$30-40 on Coke or whatever for those crazy people. The point is we're going to drink the water. I'm crazy, aren't I?

Eat more salad, fruit and vegetables. These numbers vary but like 80-90%, you can go 5% either way, but the average apple is I believe 84% water. Just your average medium apple is 84% water. So when you're eating that apple, guess what? Again, probably the rest of it is a lot of fiber and other vitamins and like that. Again, just realize you can get water in all kinds of different ways.

The last thing here that I just put down as a general point which is a launching point to our next thing and that is you've got to have a clear strategy and commit to it. I try to drink some water hourly. I just try to make sure every hour I'm consuming some water and that's kind of my strategy for getting it done.

Now, let me share with you another handout here and that is some other strategies and I want to give you a chance tonight to share any strategy that you found to be helpful. So what I did was that I posted on my Facebook this question: what strategies do you use to make sure you're drinking enough water especially in the summer? And I got some really good responses here and I wanted to share these responses with you. I gave you six ideas, here are a bunch more ideas and then you're going to share with us some ideas because you've got ideas. Here's the deal: you've got to come up with a personal, what? Plan, right? So what are you going to do? What are you going to do?

Here are some ideas. I put it up there, my friend Josh and I. It was like two seconds later, it was like bam! He sent us a picture of his water bottle and this guy is like a traveling evangelist. He's lost so much weight. It's crazy. And then my son-in-law, that's George, he said, "Yup, I always have my water bottle." That's a key statement: always have my water bottle. If it gets near you, it gets in you. Taylor A. says, "We use bottles. My husband and I ask each other, 'How much have you had?'" Here is the "T" is for what? Team, right? Husband and wife functioning like a team. "How much water have you had? We kind of base how we're feeling on how much water we've had. I have trouble drinking enough water so I started using a straw." Here's an idea. "I notice I drink way more water when I use a straw." That's creative, isn't it? Dee says she sets an alarm on her phone. Hey, that's cool. Again, use technology. We have all this technology these days. Use it. Larry C., he's a doctor and he says, "It depends on activity and quantity. It's different for each. Clear to light yellow urine is a guide and you have to eat regular meals or you flush out electrolytes and then you look like a heat injury but aren't. It's water intoxication." Lindsey P. says, "I have a bottle like Josh H. It's 64 ounces." This is creative, "I mark little notches for every 8 ounces so I know just how close I am to finishing." That's kind of a way to encourage yourself. "Wow, look at it going down." Laura says, "I have two bottles of water and I try to make sure I finish them three times each. That's 60 ounces each day. If I count, I'll drink more. That doesn't include any other fluids that I consume." Eric says, "I keep a case of water in the car." Water gets near you, it gets in you. "I polish off four bottles and more bottles depending on the temperature." JC. Says, "Water app." Four people mentioned the water app. Four people mentioned the water

app. Four people mentioned the water app. Sarah said, "I put a lemon in it. I like that. It has a little more taste and I'll drink it more often." Deanna says, "I love the water app." I love the water app. Raquel says, "I have a water app on my phone." There is more than one water app. I'm learning this. "It reminds me to hydrate and keep track of my water intake." Jennifer says, "I schedule my water intake. At a minimum, I drink four cups at breakfast, two cups at lunch, another four cups at dinner. I've done this for the last 12 years and I continue with it because I feel better when I do." I like that. I feel better when I do.

Simple water here, amen? I'm getting dehydrated standing right up here and my vocal cords are giving me a hard time here and.

Wendy sent us her journal. She journals her water. She aims for 4-8 bottles a day. She's lost like 150 pounds. Gloria says, "A water app." Steven says he drinks a quart, "Whenever I flush the toilet." I'm not even going to touch on that. That would be quite a life right there. Cozette says, "I add some yummy diced lemons and cucumbers for taste and nutrients. Yumm." Theresa says, "I always fill up my water bottle before leaving for work so I drink it while driving to work and then fill it up at lunchtime and at dinnertime. I usually fill it up between meals as well, but it holds almost three cups of water so I know I get enough without having to fill it up too often." Then Stacy says, "An actual gallon of water carried all day. Just filling up a gallon of water and just drink it, drink it, drink it and you're done." Somebody mentioned my idea, stevia and lemon. Elaine says, "Drink a glass every hour." That's pretty much what I do. Then Anna says, "I have bottles of water in my car on the passenger seat. I make a habit to drink at least half a bottle while waiting at the red light. I divide my day in a way that I know that after certain activities I will drink water. There is a bottle of water in almost all places." I love that. "Even next to my lamp so I'll drink the last before sleeping just in case I didn't have enough water over the day."

Here's the lesson: the lesson is that you've got to have a strategy. This is what we've got to learn. It has got to be intentional. It's not just going to happen by chance. We have to have a strategy. We have to have some kind of plan and there are multiple options. Remember, personalization. You all have some great ideas that you're now going to contribute with us so what are you doing to increase your water?

Yes? Your question is, is there a correlation if you drink enough water, does it help you not to cramp? Is that right? Oh, I see what you're saying. Yeah, there is such a thing as drinking too much water but I don't even bring it up because I don't think any of us are going to have a problem with that. But you technically can drink too much water. Follow your doctors advice, I'm not telling you to not follow your doctor but I would ask some follow-up questions. I would say, "Clarify this for me."

So we need to start to winding down. I gave you a draft. This is a draft of a section in the book we're writing. It's just kind of a rough draft but it brings up some of these other issues that we need to be thinking about. I'm not going to read this whole thing to you. Let me just hit some high points.

First paragraph, the second part there says, "Every day, half of all Americans consume sugary drinks. 25% consume at least 200 calories and 5% drink at least 567 calories, that's equivalent to four cans of soda." So the whole idea here is drinking your calories. That's the big picture. Beverages count and one of the great things about water is that it has zero calories. You've got to be thinking that whatever you put in there other than water, you've got to think about things like that.

Let me read this, "According to figures from the beverage industry, soft drink makers produce 10.4 billion gallons of sugary soda pop each year." Think about that. "That's producing enough soda to serve every American a 12 ounce can every day for 365 days a year." That's a lot going on there, right?

Here are some examples of just what that can do to you. What I like about them is that it just shows how it steadily puts on weight. In other words, a pound here, a pound there. Over the years, it starts to add up, doesn't it?

On the back, it talks about high fructose corn syrup and fatty liver. There are videos, Dr. Baroni talks about fatty liver and here Dr. Mark Hyman, he's a really good doctor, talks about high fructose corn syrup.

Then some of the other things in soda: glycerol, phosphate acid and all kinds of nice things like that that you put in your body.

Then just the whole idea of drinking juices. How many calories in apple juice? 12 ounces is 180 calories. In my mind, God hung apples on trees, not bottles of apple juice. God hung oranges on trees, not orange containers. So go for the real stuff. Don't get involved in all this man-made stuff that's got all kinds of stuff in it and added stuff and things like that. Just realize that. "It's really healthy, me drinking this." Well, it's probably better than soda or whatever but you've still got to think about all the calories you're taking in.

Then a lot of the Starbucks drinks. Some of them are just crazy. White hot chocolate, 640 calories. My son-in-law runs a Starbucks and I asked him about men, men like cafe mochas, 450 calories. Cafe expresso frappaccinos, 460 calories. Just think about that. We have a guy in our church, he lost all kinds of weight and all he did was quit drinking these Starbucks coffees. That was his main deal.

Getting into the whole idea of diet drinks and things like that. There are lots of studies that show that people that drink diet soda gain weight or whatever and there's lots of debate about is it the diet soda or whatever. I personally believe it's the whole idea, this doctor describes it as the Big Mac and diet Coke mentality. Basically, a diet Coke in one hand and a cookie in the other and a lot of people think, "Well, I just drank a diet Coke so I can go and have this chocolate cake," or whatever. But even in that, there are issues there.

This is kind of a work in progress here but I just wanted to go ahead and give you a draft just so you can raise some of these issues. So we have a draft of the Lose and Live postcard that we're getting ready to print and Pete's going to pass those out. So we have one more week of this summer program. We have two now? Two more weeks. We quit right before Labor Day so two more weeks. Then we have a little break, a teeny break and so we will be starting up September I think it's 21. It will be a 12 week competition and so we'll be getting information to you on the different levels and Emmy will be doing something. We're trying to figure all that out so we're excited about the fall. Fall is my favorite competition by far and the reason is it's our smallest competition but it's the most serious people and I love the fall competition because we have less drop-outs. Anybody who signs up in the fall, they are motivated because there's nothing culturally to help them. It's getting darker. It's getting colder. There is every conceivable holiday going on. There is football. There's Halloween. There's Thanksgiving. There's Christmas. There are lots of clothes you can put on to cover up your fat. I mean, there's nothing to help you and yet you say, "I want to be healthy. I want to do this." Those are my people so I'm very excited about it. So we'll have online registration set up here probably this week sometime so spread the word. Spread the word. Spread the word and we're looking forward to a great fall and looking forward to seeing what God wants to do.

Alright, I want to thank Emmy for her good work. You're doing a great job. So praise the Lord. Praise the Lord. We're blessed to have her.

Let's pray.

*Father, we love you and just thank you for water. Thank you that we live in a part of the world where yes there are these issues of fluoride and things like this but, Lord, we're thankful that we have such access to water. And Lord, just thank you for giving it to us and, Lord, thank you for the importance of it and, God, just help us to take care of our Bod4God and to keep ourselves hydrated and, God, thank you for rebuking me with causing me to have voice problems and surgery and high blood pressure and, Lord, teaching me the importance of drinking water. Thank you for healing me through water, Lord, and I just thank you for what you're doing in our lives. In Jesus' name. Amen.*