

## ALL YOUR STRENGTH

Essentials for Personal Growth - Part 5 of 5

July 31 & August 1, 2010

Jesus: **“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”** Mark 12:30 (NIV)

**“I pray that you may enjoy good health and that all may go well with you even as your soul is getting along well.”** 3 John 2

**“...Therefore honor God with your body.”** 1 Corinthians 6:20

I. Develop a Healthy Attitude Toward Your Body.

**“As a man thinks in his heart, so is he...”** Proverbs 23:7 (NKJV)

Unhealthy Attitudes:

- Reject your body
- Perfect your body
- Neglect your body

Biblical Attitude:

- Respect it and Protect it

II. Motivate Yourself To Change.

Physical Reasons to change:

- I'll feel better
- I'll look better
- I'll live longer

Spiritual reasons to change:

1. God made **your body**.

**“You have created me in my mother’s womb...I am fearfully and wonderfully made.”** Psalm 139:13-14

2. Poor health is **expensive**.

**“Do not be deceived: God cannot be mocked. A man reaps what he sows.”** Galatians 6:7

3. The **Holy Spirit lives** in your body.

**“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.”** 1 Corinthians 6:19-20

4. It’s part of your **testimony**.

**“God wants each of you to learn to control your own body in a way that is holy and honorable.”** 1 Thessalonians 4:4 (NCV)

5. It’s passed on **to our legacy**.

**“God, slow to get angry and huge in loyal love. Forgiving iniquity and rebellion and sin; Still, never just whitewashing sin. But extending the fallout of parent’s sins to children into the third, even the fourth generation.”** Numbers 14:18 (Message)

III. Follow God’s Laws of Health.

**“Listen carefully to everything I say. Don’t forget a single word, but think about it all. Knowing these teachings will mean true life and good health for you.”** Proverbs 4:20-22 (CEV)

1. Maintain your **ideal weight**.

**“Each of you should learn to control his own body in a way that is holy and honorable.”** 1 Thessalonians 4:4

**“All the labor of man is for the mouth and yet the appetite is never filled.”** Ecclesiastes 6:7

2. Commit yourself to a **regular exercise** program.

**“Exercise is good for your body...”** 1 Timothy 4:8 (CEV)

3. Get enough **sleep** and **rest**.

**“In vain you rise up early and stay up late...”** Psalm 127:2

**“God wants His loved ones to get their rest.”** Psalm 127:2 (Living Bible)

4. Live in **harmony with God**.

**“A heart at peace gives life to the body...”** Proverbs 14:30