



Good Health to Lift Jesus
“The Basics for Kingdom Health”

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What's the problem???

- Thousands of scientific studies over the past thirty years have shown that ***our lack of proper nutrition*** is perhaps the single most significant factor behind the reason people get sick.
- Obesity is one of the pressing health issues facing the USA. ***The estimated national cost of obesity is \$123 billion***; half of which is paid through Medicare and Medicaid.

Bad diet and no exercise

- Unhealthy eating and inactivity contribute to **310,000 to 580,000 deaths** each year according to the US Department of Health and Human Services (HHS).
- That's 13 times more than are killed by guns and 20 times more than by drug use.



Obesity Is One of the Greatest Health Challenges of Our Time

Obesity rates have doubled in adults and tripled in children and adolescents over the last two decades.

Two-thirds (66%) of American adults are seriously overweight or obese.³

One in five young people (20%) are obese and one in three (33%) are overweight.⁹

Obesity increases the risk of heart disease, high blood pressure, diabetes, arthritis-related disability, and cancer.⁸

A 2005 CDC study estimated that approximately 112,000 deaths are associated with obesity each year in the United States, making **obesity the second leading contributor to premature death.**⁷

It is equivalent to a jetliner full of 300 people crashing every day.



The typical American diet

- Too high in saturated fat, sodium, and sugar and too low in fruits, vegetables, whole grains, calcium, and fiber.
- Such a diet contributes to four of the six leading causes of death and increases the risk of numerous diseases, including:
 - heart disease
 - diabetes
 - obesity
 - hypertension
 - stroke
 - osteoporosis
 - many cancers (colon, prostate, mouth, throat, esophagus, lung, stomach)



This type of lifestyle causes disability and loss of independence

- Diabetes is a leading cause of blindness and amputation.
- Most hip fractures are caused by osteoporosis.
 - Of people over age 50 who fracture a hip, 24% die within one year and 25% require long-term care.
- Within 6 years of a recognized heart attack, 22% of men and 46% of women will be disabled with heart failure.

Sumo Wrestlers vs. the Saints

- Sumo wrestling is the only sport where they actually aim to gain as much body fat as possible
 1. **Skip breakfast** (fasting and keeping metabolism slow)
 2. **Exercise on an empty stomach** (keeps metabolism slow during their workout)
 3. **Eat just a couple of large meals a day** (body can only process so much food at once, so the rest gets stored)
 4. **Take a nap after eating** (sleep for at least four hours to keep their metabolism slow)
 5. **Drink alcohol in excess** (drink almost 100 bottles of beer at one time; increase cortisol levels and leads to abdomen fat deposits)
 6. **Eat late in the day** (goes to bed with full stomachs causes their body to have a rush of insulin, forcing their bodies to store the food as fat)



Why should we have a Kingdom mind on health

There was a man who was drowning. He prays and asks God for help. Several boats come and each time the man refuses help and states he is “waiting on God.” When he drowns, he asks God why he didn’t save him. God replies that he sent a boat three times and the man refused.

- a. The man refuse to get into the boat -- refuse to help himself
- b. The man refuse to get help from others or sources who was able to help him --- refuse to get on the boat

CHOOSE
LIFE

“I have set before you life and death, blessing and cursing; therefore [you] choose life, that both you and your seed may live” (Deuteronomy 30:19 **Deuteronomy 30:19**)

Northwestern University's Feinberg School of Medicine

- A longitudinal study, conducted in the U.S. city of Chicago at Northwestern University's Feinberg School of Medicine, tracked 2,433 women and men over the course of eighteen years in the cities of Chicago, Minneapolis, Oakland, California, and Birmingham, Alabama.
- The study's researchers defined frequent church attendance as going to church at least once a week.
- The results indicated ***that people who attended a church sermon or worship service frequently were 50% more likely to become obese by middle age than people who did not attend church frequently.***



Another view point

- Courtney Parker, the catering manager for the twenty thousand-member Apostolic Church of God, Chicago, suggested that “there may be a historical connection between over-eating and going to church.”

“In years gone by, so many things were taboo — but not eating”.

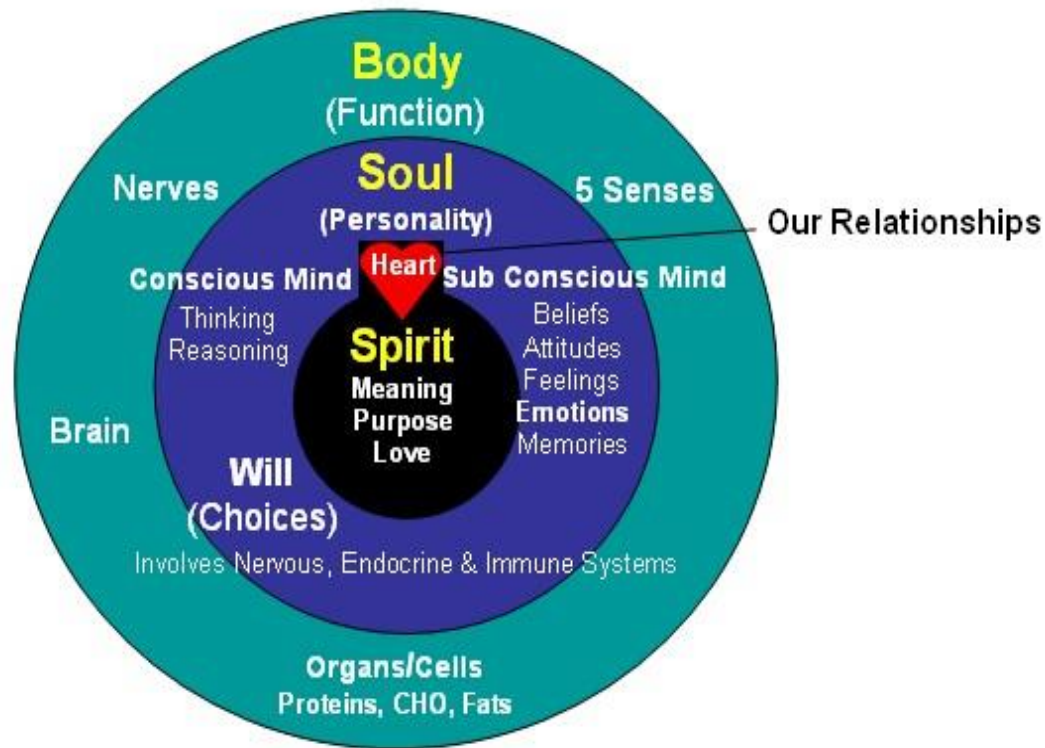
Historically, “church services ran long”; so after church “the first thing you do is go eat, and then you go to sleep”.

In other words, Parker suggests, eating was a social activity in the church, and gluttony did not carry the same weight as other “sins”, such as lust or adultery.



Who Is Man???

We Are a 3-Part Whole



We are spirit, have a soul and live in a body

Our Body

“Function”

- It's comprised of organs and cells which consists of protein, carbohydrates and fats.
- Our body contains our nervous system with nerves and the brain.
- It's through our bodies that we connect to the physical world with our five senses.



Our Soul

“Personality”



- It's through our soul that we live out our relationship with God, with other people and with our self
- Our soul likely has three major components — our **mind**, **will** and **emotions**.
- Our mind has a conscious part and a subconscious part.
 - The conscious mind is where we do our thinking and reasoning.
 - The sub-conscious mind is where we hold our deep beliefs and our attitudes, where we have our feeling, our emotions and retain our memories.
- Our will is what gives us the ability to make choices.

Our Spirit

“Meaning and Purpose in Life”

- This is our deepest level
- The spirit enables us to love one another, our self and God.
- It's through our spirit that we have communion and fellowship with God.
- Our spirit gives us intuition between right and wrong.



1 Corinthians 6: 19-20

- ***“Do you 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 brought at a price. Therefore honor God with your body”***

***This verse does not have anything to do with your physical appearance (it was actually dealing with sexual immorality.... “sleeping with a prostitute”)

- In 6: 13, some Corinthians were claiming that as the physical acts of eating and digesting food have no bearing on one’s inner spiritual life, so the physical act of promiscuous sexual activity does not affect one’s spiritual life

*** Paul declares the dignity of the human body: ***It is intended for the Lord, and what one does with the body is important!!!!***

Our body does belong to God!!!

- We become united with and belong to Christ and become stewards (guardians) of our bodies (1 Cor. 3:23)
 - Our responsibility consists of caring for our body, seeing that nothing harms or profane it !!!
- The Holy Spirit through Christ Jesus free us from the dominion of sin (Romans 8:1-2)
 - Sin through our bodily passions should not rule over our bodies (Romans 6: 12-14, 1 Peter 2:11)
 - Our bodies should be under complete control of the Holy Ghost (1 Cor. 9:27)

To the Glory of God

- A healthy body brings honor and glory to God, and it is in a better condition to be used in His service
- Psalm 103:3 declares that God promises to “heal us of all our diseases”, but He has also made us responsible to care for our own health.

Our bodies are of value to God

- When God created man, He made him a physical being (He also gave man food and labor) Genesis 1: 28-31
- Psalm 139: 13- 16 talks about ***God knitting us together in our mother's womb (fearfully and wonderfully made... made in the secret place... in the depth of the earth)***
- Jesus told His followers that God knew about their physical needs and would provide for them (Matthew 6:32).
- Jesus Himself provided food for people (Luke 9: 10-17, Mark 8: 1-8, John 2: 6-11) and physical healing (Matt. 4: 23, Acts 10: 38)
- ***As believers, we are called to steward our bodies as temples of the Holy Spirit. If we do not care for our health, we are neglecting God's temple.***

It's a self control issue

- *“We are all afraid of germs...but what we should be afraid of is **lowered resistance** **which comes from within**... Normal resistance to disease is directly dependent upon adequate food. It never comes of pill boxes... Adequate food is the cradle of normal resistance, the playground of normal immunity, the workshop of good health and the laboratory of long life.”*

Dr. Charles Mayo (1900)

What should be our focus?

- **Romans 14:17** *“For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost”*
- *******While it is very important to make sure we nourish our bodies, the temple of the Holy Spirit, it is critical that Christians keep their focus on the spiritual.
- *******The apostle Paul reminds us that the Kingdom of God is *righteousness*, which includes *moderation, self-control and diligence*.
- *******It takes character to make right choices. *This is true in every area of life, including our eating and exercising habits.*

Take charge of your own health

Romans 6:13

- ***“And do not present your members as instruments of unrighteousness to sin, but [you] present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God.”***
 - *educate yourself about the laws of health
 - *be careful to avoid extremes & strive for balance (i.e., staying away from extreme dietary doctrines, which claim to be a cure-all)
 - *avoid those who argue diet is not important for maintaining good health

4 Steps to a Healthy Lifestyle

by Kathleen M Zelman, MPH, RD, LD

WebMD



- According to a recent study in the *Archives of Internal Medicine*, very few adults actually meet the criteria for a healthy lifestyle
 - *only 3% of American adults got a perfect score on what the authors say are the four basic criteria for healthy living. Just 13.8% met three of the criteria; 34.2% met only two criteria
- The researchers' four keys to healthfulness:
 - *Do you smoke?
 - *Are you able to maintain a healthy weight (a BMI of 18-25), or are you successfully losing weight to attain a healthy weight?
 - *Do you eat at least 5 servings of fruits and vegetables daily?
 - *Do you exercise 30 minutes or more, 5 times a week?

Others Steps to living healthy

- **Brush and floss daily** to keep your teeth and gums healthy and free of disease.
- **Get a good night's rest.** (research has shown that a lack of sleep can put our "hunger hormones" out of balance -- and possibly trigger overeating)
- **Enjoy regular family meals.** This allows parents to serve as good role models, can promote more nutritious eating, and sets the stage for lively conversations.
- **Smile and laugh out loud several times a day.** It keeps you grounded, and helps you cope with situations that would otherwise make you crazy
- **Meditate, pray, or otherwise find solace** for at least 10-20 minutes each day

- **Get a pedometer and let it motivate you to walk, walk, walk** Fit more steps into your day; physical activity can help defuse stress, burn calories, and boost self-esteem.
- **Stand up straight.** You'll look 5 pounds lighter if you stand tall and tighten your abdominal muscles. Whenever you walk, think "tall and tight" to get the most out of the movement.
- **Power up the protein.** This nutrient is an essential part of your eating plan, and can make up anywhere from 10%-35% of your total calories. Protein lasts a long time in your belly; combine it with high-fiber foods and you'll feel full on fewer calories. Enjoy small portions of nuts, low-fat dairy, beans, lean meat, poultry, or fish.
- **Last but not least, have a positive attitude.** Do your best to look at life as if "the glass is half full." You must believe in yourself, have good support systems, and think positively ("I think I can, I think I can...") to succeed.

10 Reasons Believers Should Take Care of Themselves Physically

by

Chuck Lawless

- **We are created in God's image.** That image was not destroyed because of Adam and Eve fall
- **This body is the only one we have.** When this one is worn out, we don't have a replacement until the day of resurrection.
- **Poor discipline is a bad witness.** It's hard to tell people to be disciplined in their Bible study, prayer life, giving, etc., when they can look at us and see we are undisciplined in exercise and eating

- **Bad health is costly.** Medical bills pile up, insurance costs increase, bad health makes us less productive at work, etc.
- **Our families deserve better.** It's unloving not to take care of ourselves; our love for them ought to motivate us to do better.
- **Being out of shape might indicate idolatry.** If we cannot push away from food in order to take care of our bodies, we must ask if something other than God has become our god.
- **Better health = more energy to do God's work.** Being out of shape makes the work of the ministry difficult.

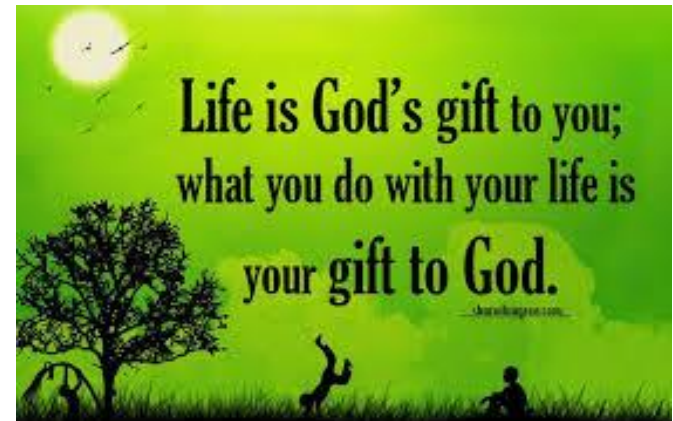
- **Proper care requires rest – and it's biblical to get rest.** God expects us to take time off, focus on Him, and enjoy His blessings.
- **We might be called to the mission field.** Many missions organizations will not consider sending someone who is out of shape. The work is often rigorous, and the stresses of cross-cultural living are only compounded by poor health.
- **Our body is the temple of the Holy Spirit.** He who created us and indwells us expects us to be wise stewards of the body He gave us.

Poor physical and spiritual health

- Unhealthy habits can often account for the breakdown of our physical bodies and our spiritual lives.
- We find our hearts no longer beat passionately for God or His purposes.
- Instead, we substitute formalism for faith and empty ritual for the life of the Spirit.
- By going through the religious motions, we plug ourselves into an artificial life-support system (we are not alive but only existing).
- We as believers need to identify these thoughts and/or behaviors in your life that jeopardize our spiritual core.

God's balanced approach to exercise and health

- We should exercise – it is good for our bodies as well as for our moods. We should take care of our health.
- However, in these pursuits we must not lose sight of God : ***the reason we care for our bodies is not to prolong our own lives or gain popularity; it is because we value and desire to steward God's gift to us.***



A balance health in God

- ***Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers”*** (3 John 2).
- Paul told Timothy that physical training has some value, but that training for godliness has greater value
“Rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come” (1 Tim. 4: 7-8)