

SPIRITUAL MAINTENANCE

Healthy Living

Eat and Be Healthy

1 Corinthians 10:31 *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

- We need to food and drink to live
- Food provides the nutrients to live healthy lives
- We also enjoy eating
- We can eat and drink as much as we want
- It's not only what we eat, it's how much we eat **Proverbs 25:27 (NLT) 27** *"It's not good to eat too much honey..."*
- We live in a eat everything on your plate, super-sized meal, second-helping society
- Eating more than enough is the norm today
- But in order to be healthy we have to watch how much we eat
- We must look at *what* we eat; are you eating the right things, are you eating the right quantities, are you eating at the right times, do you drink enough water?
- The Standard American Diet (SAD) consists of an *overconsumption* of calories, saturated fats, added sugars, and sodium.
- The SAD diet causes many Americans to suffer from dietary shortfalls due to the *underconsumption* of certain food groups, particularly fruits, vegetables, whole grains, and low-fat dairy.
- It's impossible to remain healthy if we are overconsuming the wrong things and under consuming the right things
- However, when we eat healthy foods in reasonable portions, God is *glorified*
- We honor, we please God when we are *mindful* about what we eat and how much we eat
- How we eat shows is one way we show our *stewardship* of our bodies **1 Corinthians 6:19-20 (NLT) 19** *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.*
- The bodies we have belong are *on loan* from God
- When we develop and maintain healthy eating habits, it will help us live longer, boosts our immunity, strengthens our bones, improves digestion, and lowers the risk of serious diseases and cancers

Sleep and be Healthy

Psalm 127:2 (NLT2) *It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.*

- Sleep is a blessing, gift from God
- God created sleep because He loves you
- Sleep is part of God's plan to keep you healthy, along with eating healthy foods and exercise
- Sleep is God's way of recharging our physical and spiritual batteries

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- God's plan for you while you sleep:
 - Your sleep will be sweet **Proverbs 3:24 (KJV) 24** *When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.*
 - Your sleep will be peaceful **Psalm 4:8 (KJV) 8** *I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.*
 - God is ALWAYS awake and alert so that you can sleep **Psalm 121:4 (KJV) 4** *Behold, he that keepeth Israel shall neither slumber nor sleep.*
 - God wants us to sleep, but not too much **Proverbs 6:9 (KJV) 9** *How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?*
- God created sleep to give our bodies time for rest, refreshment and restoration it needs every day
- Why aren't we getting enough sleep?
- We're not sleeping like we should because we've adopted the sleep patterns and lifestyles of our society
- There is virtually nothing you can't do or have access to 24 hours a day
- There's nothing wrong with all the things we can do or have access to, the problem comes in when we try to do fit them in without getting proper rest
 - Going without adequate sleep is not sustainable
- The more we try to accomplish in a day, we pay for these "accomplishments" by depriving ourselves of sleep
- Just because you still able function the next day on a few hours' sleep, does not mean it's a healthy thing to do; nor does it mean it will not negatively affect your overall health later.
- When we fail to make sleep a priority, it can affect our health; and poor health can affect your sleep
- God says it's a waste of time to wake up early, stay up late, worry and work yourself to the bone
- God knows work is important and God wants us to work, but not at the expense of our health
- We benefit and those are around us benefit when we are well rested
 - There are health benefits for people that get 6-8 hours of sleep on a regular basis:
 - Lower blood pressure
 - Greater focus and attention
 - Memory improves
 - Lower stress levels
 - Better drivers
 - Helps you live longer
 - Better grades in school or better performance at work

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- Improves your overall well-being **Proverbs 17:22 (KJV) 22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.**

We Need a Sabbath Rest, Too

Exodus 20:8-11 (KJV) 8 Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

- Just as the *physical body* needs sleep to be refreshed and restored, so does our *spiritual body*
- The Sabbath is God's way of spiritually resting us
- God says to *remember* the Sabbath and keep it *holy*
- The Sabbath is to never lose its distinctiveness, its uniqueness, its holiness, its importance to believers
- God wants us to remember the Sabbath and keep observing it because God is establishing a rhythm and order to our lives
- Everything about our lives and creation has a rhythm, a sequence, time and season
- They operate rhythmically all the time and when they don't, we immediately know something is wrong or unusual
- Rest and worship every 7 days is the *rhythm* of the Sabbath
- When there is no regular rest and worship, our lives are out of rhythm
- Rest and worship is essential for the body and soul
- Have you ever heard someone say that they are out of sync?
- To stay *in sync* with God, we must have regular rest and worship **Hebrews 10:25 (KJV) 25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.**
- It is through rest and worship that we are strengthened by being in the presence of God, receive a fresh filling of the Holy Spirit, fellowship with other believers and be prepared for the week ahead

How to Get More Sleep

- Make sleep a priority in your life
- Learn to "no" to some things
- Learn to delegate some things that others can do
- Ask for some help
- Realize you can't do it all today, save some things for tomorrow

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- Before you go to sleep, through prayer, put your all your issues, problems, relationships, finances, children, career and future decisions in God's hands and GO to SLEEP!

Exercise and Be Healthy

1 Timothy 4:8 (NLT) 8 “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

- The goal of physical exercise is to maintain a reasonable level of physical health
- Spiritual health has greater value than physical health, but physical health is not to be ignored.
- In Bible days, work was the *primary form* of physical activity
- Work was manual labor
- Today technology has eliminated the much of the manual labor with jobs that are primarily sedentary
- A generation ago elementary school children and high school children had recess and physical education
- Today, most children entertain themselves *indoors* on their computers, cell phones and video games
- When we are physically inactive or marginally active, we increase the risk of health problems
- When we are physically active on a regular basis, we develop the three components of fitness
 1. *Strength* – relates the development of muscle groups throughout body for lifting and other strenuous activities
 2. *Endurance* - relates the ability to withstand times physical activity and physical stress
 3. *Flexibility* – relates to health of the joints and bones

Benefits of Regular Physical Exercise

- When we get our bodies in motion with regular exercise, we will see benefits over time
- Helps control weight
- Fights health conditions and diseases
- Regular exercise has been proven to reduce the risk of heart disease, stroke, diabetes, high blood pressure, back pain, etc.
- Improves your overall mood/attitude
- Gives you an energy boost
- Promotes better sleep
- Exercise can be fun
- Reduces stress and anxiety
- Exercise Gives God Glory **1 Corinthians 6:19-20 (KJV) 19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.**