

WHAT GOD SAYS ABOUT MY BOD 2nd INSTALLMENT

GETTING HEALTHY P4

Jeff Wall

4 things that you need to DO that will help you BE healthier.

4 people at Friends who are a great example!

1. **TRUSTING GOD → IS GOOD FOR MY HEALTH** (Jeremiah Patterson - Rock Star)

“I said to myself, “Relax, because the Lord takes care of you.” Psalm 116:7 (NCV)

“A heart at peace gives life to the body, but envy rots the bones.” Prov. 14:30 (NIV)

*The Spirit of God, the Master, is on me
because God anointed me. He sent me to preach good news to the poor,
heal the heartbroken, Announce **freedom to all captives**,
pardon all prisoners. God sent me to announce the year of his grace —
a celebration of God's destruction of our enemies — Isa 61:1-2 Mes.*

*To give them beauty for ashes,
The oil of joy for mourning,
The garment of praise for the spirit of heaviness;
That they may be called trees of righteousness,
The planting of the Lord, that He may be glorified.”
Isa 61:3 NKJV*

2. **CONFESSING MY SIN → IS GOOD FOR MY HEALTH** (Dan Cryer- Scout Leader)

“When I refused to confess my sin, I was weak and miserable, and I groaned all day long. ...My strength evaporated... Finally, I confessed all my sins to you and stopped trying to hide them... and you forgave me! All my guilt is gone.” Psalm 32:3-5 (NLT)

*Just because something is technically legal doesn't mean that it's spiritually appropriate. If I went around doing whatever I thought I could get by with, **I'd be a slave to my whims**. You know the old saying, "First you eat to live, and then you live to eat"? Well, it may be true that the body is only a temporary thing, but that's no excuse for stuffing your body with food, or indulging it with sex. Since the Master honors you with a body, **honor him with your body!** 1Cor 6:12-13Mes*

3. **GIVING GENEROUSLY → IS GOOD FOR MY HEALTH** (Kristill Williams- Makers Diet/ Nutritionist)

“A generous man will prosper; he who refreshes others will himself be refreshed.”

Pr.11:25 (NIV)

*Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. **So let people see God in and through your body.** 1 Cor. 6:19-20*

Fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Honor the Lord with the first part of your wealth, the first fruits of all your crops; then your barns will be filled to overflowing.” Prov. 3:1-10 (NIV)

4. **HAVING FUN → IS GOOD FOR MY HEALTH** (Wendy Boucher M.D. Biker Chick)

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” Prov.17:22 (NIV)