

Prayer Meeting &
Bible Study

June 12, 26
Jul 3, 10, 17, 24

11:30 am - 1:15 pm

IN GOOD HEALTH

God's Design for a Healthy You

5-WEEK BIBLE STUDY SERIES

Join us live on Zoom

Meeting ID: 834 5430 3988

Passcode: 627132



Rev. Larrin Robertson, Pastor-Teacher
Word For Life Church Ministries

Agenda Items

- Biblical Foundation of Physical Health
- God's Care for Our Physical Health
- Healthy Habits as Spiritual Disciplines
- Avoiding Self-Destructive Behaviors
- Application: Steps Toward Healthier Lifestyles



Biblical Foundation of Physical Health

Our Bodies as Temples: 1 Corinthians 6:19-20

Temples of the Holy Spirit

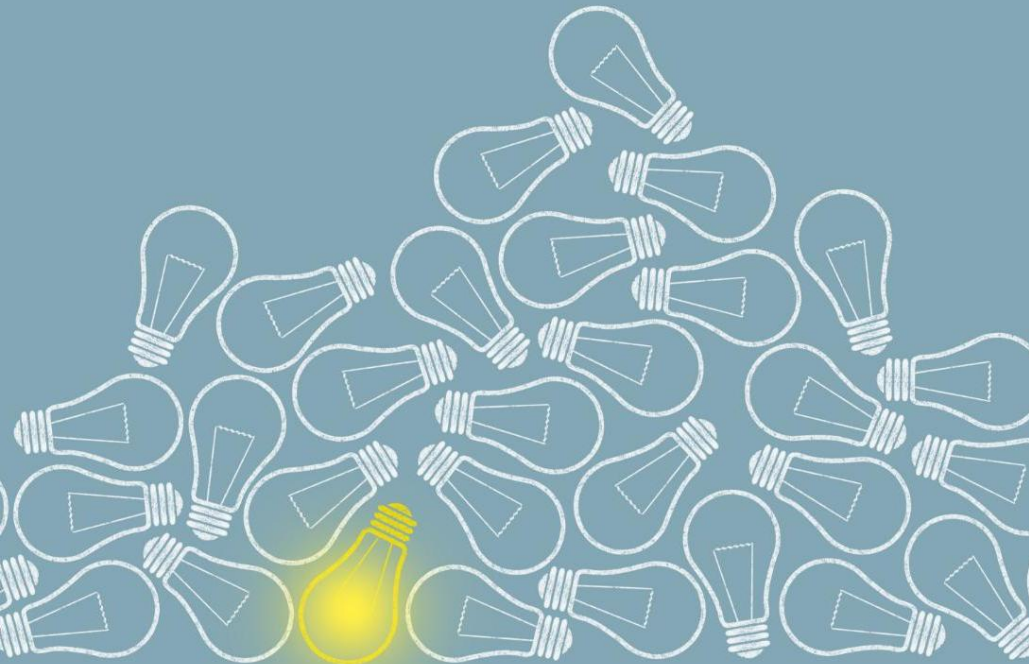
Our bodies are sacred and should be treated with reverence, and reflect our spiritual beliefs.

Honor God Through Health

We are ***urged*** to honor God by maintaining our physical health and well-being, demonstrating our respect for God's creation.

Respect for Our Bodies

We are called to respect our bodies by making choices that nurture both our physical and spiritual health.



Wisdom for Health: Proverbs 3:7-8

Seek Wisdom

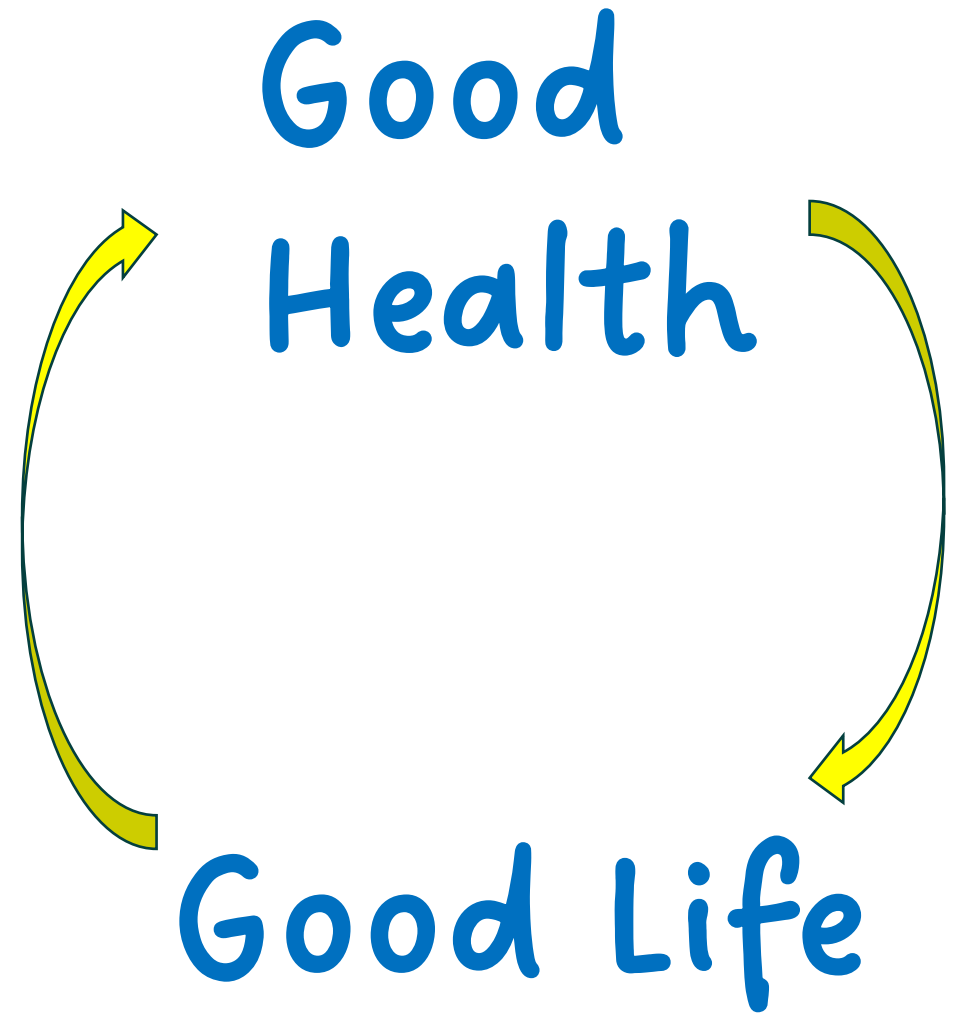
Proverbs 3:7-8 emphasizes the importance of seeking wisdom over self-reliance for a healthy life.

Acknowledge God

Acknowledging God in our decisions provides us with divine insight into maintaining our health and wellbeing.

Healing and Nourishment

Embracing wisdom leads to practices that promote physical healing and nourishment for our bodies.



God's Care for Our Physical Health

The Creation of Our Bodies by God

Created in God's Image (Gen 1:26-27)

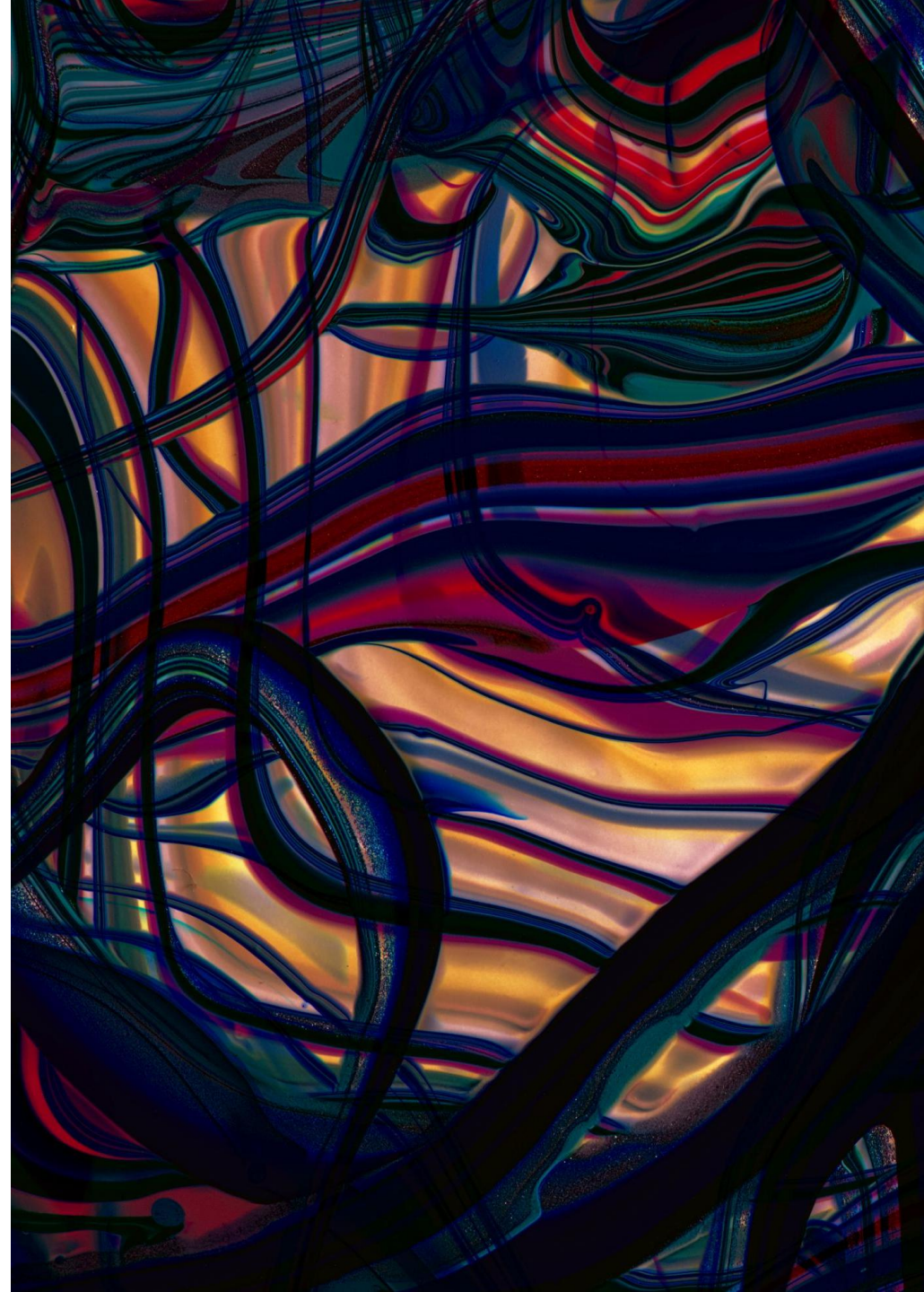
Genesis teaches that we are created in God's image. This fact alone provides intrinsic value to our existence.

Intrinsic Value of Being (Gen 2:7; Eph 2:10)

Recognizing our bodies as God's creations allows us to appreciate their worth and significance in our lives.

Appreciating Our Bodies (Ps 139:14)

Understanding our physical bodies as wonderfully made enhances our appreciation for our unique design and purpose.



God's Concern for Our Well-Being

Divine Healing (Mk 5:1-43)

Scripture emphasizes the Lord's desire and ability to heal because God cares for our physical and emotional well-being.

Restoration and Renewal (Matt 9:1-8; John 9:1-41)

Jesus provides restoration, guiding us toward renewal in health and spirit, reflecting His desire to save.

Alignment with God's Will (Lk 6:12; 11:1-4)

Maintaining our health aligns with God's will for our lives, illustrating the importance of self-care as a spiritual practice.

...that **YOU** may
PROSPER
in all things
and be **IN**
HEALTH,
just as **YOUR**
SOUL prospers.

Why Maintain Physical Health?

To partner with God

A healthy body helps us fulfill God's plan and permits us to join God's mission of love and salvation.

To provide for others

Being physically healthy empowers us to serve others better and contribute positively to our loved ones and communities.

To promote Spirit work

Physical health enhances spiritual practices and strengthens our lives.



Healthy Habits as Spiritual Disciplines



Eating Well for God's Glory

Nutritious Foods

Eating a variety of nutritious foods supports our health and well-being, enhancing our quality of life.

Honoring God

Choosing healthy foods can be seen as an act of worship, honoring God through our dietary choices.

Valuing Provisions

Recognizing and valuing the provisions God has made for us encourages mindful eating and appreciation.

The Importance of Rest and Sabbath

Search the Bible:

How did Jesus practice rest and sabbath?



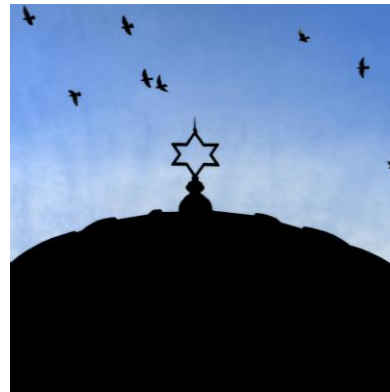
Health Benefits of Rest

Integrating rest into our lives is essential for physical and mental well-being, promoting rejuvenation and recovery.



Spiritual Reflection

Sabbath observance offers time for spiritual reflection, allowing individuals to reconnect with their faith and inner peace.



Divine Purpose of Rest

Rest was instituted by God for our benefit, encouraging us to pause and acknowledge His goodness and grace.

Exercise as a Form of Stewardship

How do you regularly honor God's creation through exercise?



Honoring the Body

Regular exercise reflects our responsibility to honor and care for the body as a divine gift.



Enhancing Physical Health

Exercise significantly improves physical health, boosting vitality and overall well-being for service to others.



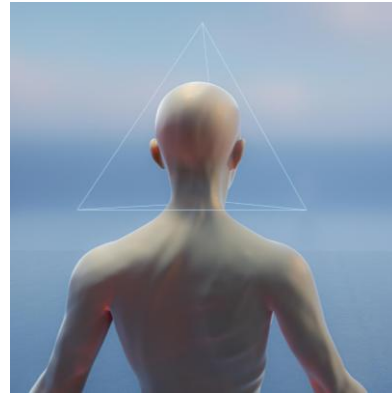
Service Through Fitness

Being physically fit allows us to serve others more effectively and contribute positively to our communities.

Avoiding Self- Destructive Behaviors

Recognizing Harmful Behaviors

How have you been triumphant over and/or challenged by harmful behaviors?



Awareness of Harmful Behaviors

Recognizing harmful behaviors is crucial for personal growth and improving one's quality of life. It's a spiritual matter (1 Cor 13:11).

Impact on Health

Harmful behaviors can negatively affect both physical and spiritual health, making awareness essential (Gal 5:19-21; Eph 5:18).

Overcoming Patterns

Identifying negative patterns is the first step towards overcoming and replacing them with positive actions (Rom 12:1-2).

Overcoming Destructive Habits

Personal Accountability

Taking ownership of destructive habits paves the way to enhanced faith and deeper, meaningful worship (Psalm 38:1-22)

Power of Prayer

Engaging in prayer helps individuals seek strength and guidance, enabling them to make lasting changes in their lives.

Lasting Change

By combining faith and community support, individuals can achieve lasting change in their habits and lifestyles (James 5:13-16).





Honoring God Through Positive Choices

Positive Choices as Worship

Making positive choices is a way to honor God through our daily actions and decisions (Rom 12:1-2).

Physical Health and Worship

Every decision regarding our physical health can serve as an act of worship, celebrating God's creation.

Application: Steps Toward Healthier Lifestyles

Small, Practical Steps for Improvement

Meal Planning

Planning meals in advance helps ensure a balanced diet and promotes healthier eating habits over time.

Scheduled Exercise

Setting specific and consistent times for exercise helps maintain a healthy routine.

Prioritizing Sleep

Focusing on sleep hygiene and establishing a sleep schedule significantly improves overall health and well-being.



Encouragement and Accountability Within the Community

Importance of Community Support

Community support plays a crucial role in maintaining healthy habits and fostering a supportive environment for everyone.

Encouragement and Motivation

Encouragement from peers can inspire individuals to stay committed to their health goals and make positive changes.

Accountability Partners

Having accountability partners within the community enhances commitment to health initiatives and personal wellness goals.



Conclusion

Spiritual Health Connection

Caring for our physical health reflects our spiritual devotion and honors God in our daily lives.

Biblical Principles

Adhering to biblical principles in health promotes a holistic approach to well-being and faith.

Supporting One Another

Encouraging each other in our health journeys strengthens our community and reflects our shared values.