

2. Motivate yourself to change.

Physical reasons to take care of your body

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

Spiritual reasons to take care of your body

- God made my body
- Jesus paid for my body
- The Holy Spirit lives in my body

3. Apply God's wisdom for health.

*"Pay attention to my words...they are health to a man's whole body."
- Proverbs 4:20-22*

A. Maintain our ideal weight.

"Each of you should learn to control his own body in a way that is holy and honorable." - I Thessalonians 4:4

B. Commit yourself to a regular exercise program.

"Physical exercise has some value..." - I Timothy 4:8

C. Get enough sleep and rest.

"In vain you rise up early and stay up late." - Psalm 127:2

D. Live in harmony with God.

"A heart at peace is life to the body." - Proverbs 14:30

Salvation literally means wholeness.



Redeeming Notes

Series: **Bringing Life Back Into Balance**

Title: **“Getting Physical”**

III John 2

Pastor Dave Glesne April 13, 2008

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

“Therefore, honor God with your body.” - I Corinthians 6:20

How to Feel Better Physically

1. Develop a healthy attitude toward your body.

Unhealthy Attitudes

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

Healthy attitude: Respect and Protect your body.