



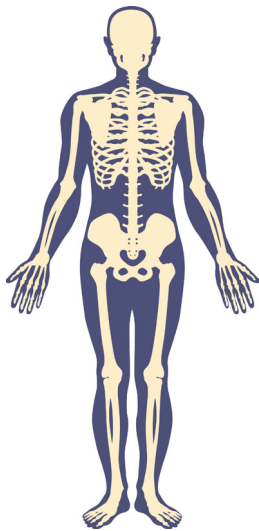
# reflecting Jesus

BETA

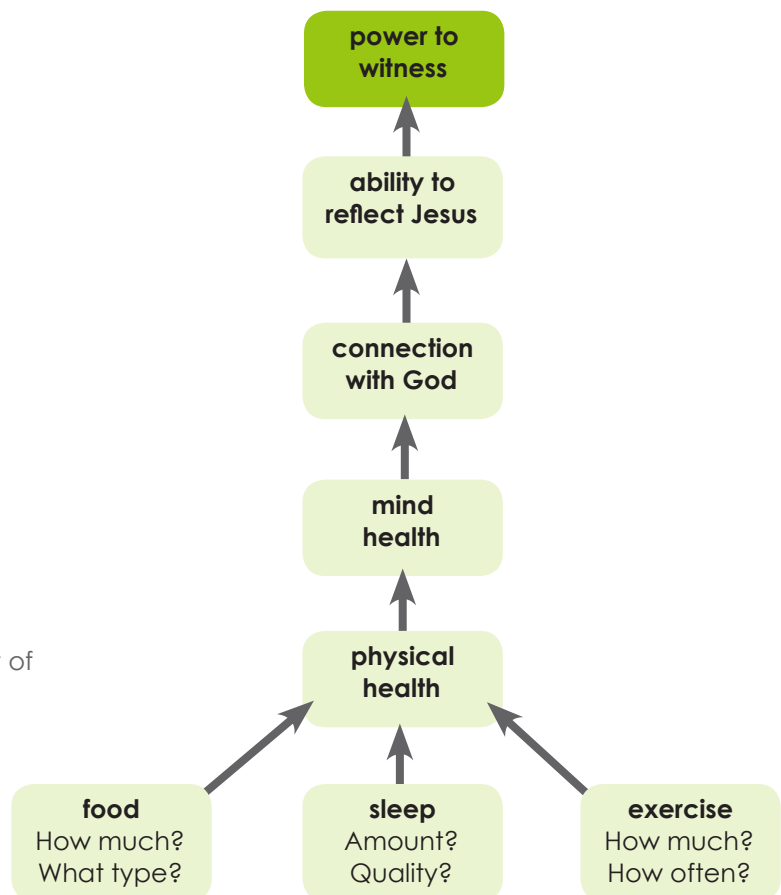
my body matters **31**

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*did you know...*



how I treat  
my body really does matter...  
for there are implications for the rest of  
eternity!





## *the facts of his story*

1. When God created human beings, what did he make them out of, and why is this important when we are studying health? (Genesis 2:7)

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2. Eating and drinking is not just about staying alive. What does Paul say it is about in 1 Corinthians 10:31?

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3. According to 1 Corinthians 6:19-20:

a. Why is my body important? \_\_\_\_\_

b. Who does my body belong to? \_\_\_\_\_

c. Why does my body not belong to me? \_\_\_\_\_

d. What do I do with my body? \_\_\_\_\_

They risk of diastolic hypertension ranked 40% lower among people who attended religious services at least once a week, and prayed and studied the Bible at least daily.

International Journal of Psychiatry in Medicine, vol 28, no. 2, p189-213.



## *thinking it through*

1. What do you think about the idea that your body does not belong to you but God?

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2. Paul also writes, "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body." (1 Corinthians 6:18) Why do you think it is important to remain sexually pure—what impact do you think sexual immorality has on our spiritual growth?

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## habits for reflecting the work of Jesus ~ body matters

### it's important!

God is very clear about the importance of our physical health, "Do you not 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 bought at a price. Therefore honour God with your body." (1 Corinthians 6:19-20) So our goal is clear: our bodies are to be in the best possible condition for the Spirit of God to live in. Indeed, because Jesus died for us, every part of our lives, including our health, is focused on honouring God.

### the connection

When Adam was created, Genesis 2:7 says that he was made as follows:

dirt + spirit = living being or soul

God designed as a combination of physical (dirt) and spiritual (spirit) and these two things need each other to make us who we are.

Our bodies are important because of the connection between physical health, and our ability to honour God. What I eat and how much I exercise affects my ability to think clearly. How much I sleep can affect if I am happy or grouchy the next day, and so on. If my body is in bad shape, chances are, my mind will be too. And it is my mind that enables me to connect to God. If I can't think clearly, I will struggle praying, studying my Bible, and discerning the voice of the Holy Spirit. If I struggle doing these things, I will also struggle to grow spiritually, and so my witness for God will be limited.

### the barrier

Because of the direct connection between our physical and mental health to our spiritual growth, the level of our physical health can put a barrier on further spiritual growth.

"the Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."

Genesis 2:7

That's why we need to think carefully about our physical health. Our ambition is to honour God in all that we do, so we may need to think a little differently about the things we do every day.

### the principle

For example, do I eat what is healthy and good for my body, or just what feels good? Do I exercise when I feel like it, or because this is what my body needs?

We may also have to make some serious lifestyle decisions if our goal is to honour God in everything. Do I need to cut down my work in order to have enough time to be with God? Do I need to get another job because this one is too stressful and is damaging my spiritual growth?

Though God is longing to fill us with all spiritual wisdom, his hands are tied if we are not doing what we can to be as healthy as possible. Remember that spiritual growth does not happen by accident, but in cooperation with God.

### using the habit

Here is a very simple chart to help you over the next week get into the habit of thinking about your health. Once you have finished the week, the is one main question to ask: are there any changes I need to make so I can say my lifestyle is shaped "for the glory of God" (1 Corinthians 10:31)

There are 330 voluntary muscles in the human body. That doesn't count muscles like the heart that require no thought or conscious effort.

Every day your heart beats 104,178 times. Your blood travels 171,000 miles. You breathe 23,172 times, inhaling 438 cubic feet of air. You move 752 major muscles and exercise 8,000,000 brain cells. You do this every day.

Number of chemical reactions occurring in the brain each second: 100,000.

It is possible to throw our lives away foolishly by burning the candle at both ends. When Robert Murray McCheyne, only thirty years old, lay dying, he said to a friend at his bedside, "God gave me a message to deliver and a horse to ride. Alas, I killed the horse, and now I cannot deliver the message." The horse was, of course, his body. Christian workers should accept it that their service will be costly if it is to be effective, but they should be careful not to kill the horse.

J. Oswald Sanders



## *putting the pieces together*

In "did you know" we saw how connected our physical health is to our spiritual witness.

In "the facts of his story" we saw that 1) God created us out of dirt and breath. Both the physical and spiritual parts of us are important as they were designed to function together. Therefore, we saw that our eating and drinking is done 2) to honour God. 3 a) Our bodies are also important because the Holy Spirit lives in us. b) So my physical body belongs to God, c) also because as Jesus died for me, so now everything that I am belongs to him. d) Because of his sacrifice for me, everything I do with my body is for God's glory and purposes.

In "habits for reflecting the work of Jesus" we saw that it is good to regularly think consciously about our lifestyle habits. If honouring God is really a priority in our lives, we need to be aware that the lifestyle choices we make should be influenced by principle, rather than just our feelings.



## *my time with God*

1. Remember this week to fill out the lifestyle survey.
2. Read Daniel 1. Why do you think there is a story about food at the beginning of a book about prophecy?
3. At creation, God created us to eat seed-bearing plants and fruit with seed in it (Genesis 1:29). Why were we designed originally to be vegetarians?
4. Before Noah went into the ark, God had made a difference between animals that were clean and animals that were unclean (Genesis 7:2). Later, the Israelites were reminded not to eat unclean animals (Leviticus 11). Can you find out why God said that certain animals should not be eaten?
5. During his ministry, Jesus prepared fish for the crowds and his disciples to eat. If God created us as vegetarians, why does Jesus eat fish? What principle do you think guided how he ate?



## *pass it on!*

Can you explain why our bodies are important to take care of?



## *extra help*

1. Ministry of Healing, by Ellen White.

# reflecting Jesus

This form is to help us think consciously about the way we treat our bodies.

	Breakfast	Lunch	Supper	Exercise	Sleep	Work & Relaxation
<b>Day 1</b>	Did I eat food that I felt like eating or because it was healthy? Felt / Healthy Did I eat too much? Y / N			Did I exercise? Y / N	Did I get enough sleep? Y / N Did I get to bed early enough? Y / N	Was I over-stressed today? Y / N
<b>Day 2</b>	Did I eat food that I felt like eating or because it was healthy? Felt / Healthy Did I eat too much? Y / N			Did I exercise? Y / N	Did I get enough sleep? Y / N Did I get to bed early enough? Y / N	Was I over-stressed today? Y / N
<b>Day 3</b>	Did I eat food that I felt like eating or because it was healthy? Felt / Healthy Did I eat too much? Y / N			Did I exercise? Y / N	Did I get enough sleep? Y / N Did I get to bed early enough? Y / N	Was I over-stressed today? Y / N
<b>Day 4</b>	Did I eat food that I felt like eating or because it was healthy? Felt / Healthy Did I eat too much? Y			Did I exercise? Y / N	Did I get enough sleep? Y / N Did I get to bed early enough? Y / N	Was I over-stressed today? Y / N
<b>Day 5</b>	Did I eat food that I felt like eating or because it was healthy? Felt / Healthy Did I eat too much? Y / N			Did I exercise? Y / N	Did I get enough sleep? Y / N Did I get to bed early enough? Y / N	Was I over-stressed today? Y / N
<b>Day 6</b>	Did I eat food that I felt like eating or because it was healthy? Felt / Healthy Did I eat too much? Y / N			Did I exercise? Y / N	Did I get enough sleep? Y / N Did I get to bed early enough? Y / N	Was I over-stressed today? Y / N

