

Made for these days  
Week 4-Health

## 3 areas of our health we need to steward

### 1) Mental

We also have to remember that our mental, physical and spiritual health are all tied together. Being healthy in one of those areas helps our ability to be healthy in the others.

#### **Romans 12:2**

<sup>2</sup> **Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**

There is so much that can be going on upstairs that before you know it, we are stressed out, overwhelmed, anxious, believing lies, and going down hypothetical roads in our heads that just leads to crazy town.

We have to be able to take captive our thoughts...

#### **2 Corinthians 10:5 (NIV)**

We first need to understand that negative, harmful, untrue thoughts will creep into our heads. We can't always control what comes into our minds, but we can control what we do with those thoughts...

#### **Philippians 4:8 (NLT)**

<sup>8</sup> **And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.**

"Your mind is a garden. Your thoughts are the seeds. You can grow flowers, or you can grow weeds."

-Charles Spurgeon

## Get practical

What are you allowing to infiltrate your mind?

-Social media, phone, movies, books, music, thoughts, etc.

Who are you allowing to speak into your life?

### 1 Corinthians 15:33 (NIV)

<sup>33</sup> **Do not be misled: “Bad company corrupts good character.”**

-Godly friends/youth group/life group

-Pastor

-Counselor

## 2) Physical

### Romans 12:1 (NIV)

**Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.**

Not only are we given a body by God to steward and take care of, but we again need to remember that because of the way God created us, everything goes together. Our mental, physical and spiritual health are all intertwined.

If we aren’t careful with how we steward our physical health, we can actually limit what God is able to do through us.

### 1 Timothy 4:8 (NLT)

### 1 Corinthians 9:24-27

We need to reclaim the art of self-discipline. To learn to be able to say no sometimes to things that may feel or taste good, but aren’t good for us.

AND

To do somethings that are good for us even if it doesn’t feel or taste good

A fruit of the Spirit is...self-control

## Get Practical

Is there something you need to cut out or add into your life to help you be healthy?

-Energy drinks, caffeine, alcohol intake, tobacco, diet, exercise, sleep, water intake, vitamins, Dr. visits, etc.

### **3) Spiritual**

This all leads to having a healthy spiritual life. We do this by...

-Bible (reading meditating, memorizing), prayer, fasting, relationships, serving, corporate worship, giving, etc.

In 2009, The *Center for Bible Engagement* conducted a study (often referred to as the "Power of 4 Effect,") of 40,000 participants, and looked into the impact of Bible reading on personal behaviors and spiritual growth.

#### **Key Positive Effects of Bible Reading 4+ times per week (15 minutes)**

##### **Mental**

- Feeling lonely drops by **30%**.
- Anger issues decrease by **32%**.
- Bitterness in relationships (e.g., marriage or parenting) drops by **40%**.

##### **Physical**

- Alcohol consumption decreases by **57%**.
- Viewing pornography decreases by **61%**.
- Gambling decreases by **74%**.

##### **Spiritual**

- Sharing faith with others increases by **200%**.
- Discipling others increases by **230%**.
- Memorizing Scripture increases by **407%**.

##### **Psalm 119:11 (NLT)**

**I have hidden your word in my heart,  
that I might not sin against you.**

##### **Psalm 119:105 (NLT)**

**Your word is a lamp to guide my feet  
and a light for my path.**