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"Steward Our Health"

Mark 12:30 (NIV) "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

God has entrusted us with the opportunity to be healthy people. Are you making the most with what has been entrusted to you?

Stewarding our Spiritual Health

John 15:5 (NIV) "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

- Apart from being in an ongoing relationship with Christ, we can not be spiritually healthy.

Matthew 7:24-25 (NIV) "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. 25 The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock."

- There are disciplines that we practice in stewarding our love relationship with God.
- Bible study, prayer, fasting, worship and serving others.
- How is your abiding time making you a better steward of your spiritual health?

Stewarding our Mental and Emotional Health

- **Mental health** is one's ability to think, solve problems, and recall information.
- **Emotional health** is to recognize and express feelings appropriately.
- So often our troubles with both, start with the battle we have in our minds.

Romans 12:1-2 (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. 2 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."

- To combat the battle for our minds, we need to take troubling thoughts and feelings captive.
- These thoughts can be driven by both lies and overdriven emotions.
- Renewing our minds is aligning with God's will, His word, in prayer & relationship w/ Him.

2 Corinthians 10:5 (NIV) "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

- **Captive** literally means "like taking a prisoner of war".

Philippians 4:8 (NIV) "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

- If we don't balance our emotions with truth, our emotions will lead us to unhealthy places. Emotions make better servants than masters.

There are however mental/emotional challenges we face that come from biological predispositions that are genetic in nature. (depression, anxiety, OCD, ADHD, bi- polar etc) Stewarding your mental health may require counseling, medicine and diet to become healthy.

In understanding our health, it's important to recognize our mental, emotional, spiritual and physical health are all tied together.

- *Evaluate what occupies your mind most. What does scripture say about what you think on? Keep a list of God's promises to recite and meditate on that will help renew your mind.*

Stewarding our Physical Health

Our physical health is impacted by our **body type, metabolism, age, physical condition, and daily habits**. For each of us, addressing our physical needs looks different.

1 Timothy 4:8 (NIV) "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Healthy body management, including regular exercise, eating healthy, and sufficient sleep/rest *is not an end in itself*. It is however part of stewarding our holistic health so we can love and serve God with our whole person.

- There are psychological and physiological benefits from exercise as it releases endorphins.
- Endorphins help with pain relief, reduce stress, improve mood and sleep.

1 Corinthians 9:24-27 (NIV) "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶ Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize."

- Paul's picture is one of intentionality, discipline and vision.
- In which of these areas of health do you need to address?
- Let's remember, we are managers of our lives that God has entrusted to us. He has plans for us. Is how you are living aligned with His will for your life?

****CHRISTMAS SERVICES AT THE NORTH CAMPUS - DECEMBER 24TH AT 1:30PM, 3:00PM, 4:30PM AND 6:00PM****

Small Group Discussion Questions:

1. What will you do to set enough time apart with God to have His perspective and wisdom?
2. How will you counter the lies of Satan and misplaced emotions that you may be currently dealing with?
3. Are there new boundaries you need to draw in your entertainment, work and social life to steward your health? What are they and what will you change?
4. What plans and steps will you take to get the exercise your body needs to be a more healthy person?

To watch the Sermon Team on The Overtime Podcast, go to: <https://bit.ly/RLOvertime>

