



METROPOLITAN COMMUNITY CHURCH
MINISTRY OF BIBLICAL STUDIES Handout
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Honoring God Through Healthy Living



Welcome to the Metropolitan Community Church
Ministry of Biblical Study Classes
February 28, 2024

**"Can You Envision OPEN DOORS in Your Life?:
Continued Studies...**

6 - Honoring God With Our Bodies

As followers of Christ, we are reminded again of 1 Corinthians 6:19-20 that our bodies are not our own. These verses are powerful, grounding us in a profound truth: We are God's and as such, our bodies are vessels of His Holy Spirit.

So, what does it mean to honor God with our bodies? How do we live this truth out in our day-to-day lives? To honor God with our bodies is to acknowledge God's ownership and our stewardship.

Our Bodies Are Entrusted To Us For A Time

Honoring God with our bodies is about more than just avoiding harmful behaviors. It's also about proactively nurturing our health. This includes making nutritious food choices, staying physically active, ensuring we get enough rest and managing our stress in healthy ways. All these actions contribute to our overall wellness and enable us to serve God with all our strength.

Caring for our bodies can be an act of worship. Worship isn't confined to songs and prayers; it's a lifestyle, a posture of the heart that acknowledges God's sovereignty in all aspects of our lives. When we care for our bodies with the intent of honoring God, even mundane activities like cooking a healthy meal or taking a walk outdoors can become acts of worship. They become expressions of our gratitude for the life God has given us and our desire to steward it well.

Honoring God with our bodies also involves listening to them. Our bodies are wonderfully made and often give us signals when something is off balance. Listening to these signals and taking appropriate action is another way of honoring God. It shows our commitment to maintaining the wellness of the temple where His Spirit resides.

The same God who calls us to honor Him with our bodies also equips us with the wisdom and strength to do so.

Let us remember that our bodies are not our own, they are God's and we are called to honor God with them. This truth is both a privilege and a responsibility. As we navigate our daily choices, may we be mindful of this divine calling, seeking to honor God with our bodies, our temples of the Holy Spirit, in all that we do.

7 - Ensuring Emotional and Mental Well-Being

As we navigate our path of wellness, it's paramount to understand the connection between physical health and emotional/mental health. They are not distinct, separate entities, but rather interconnected aspects of our overall health. Scientific studies affirm this connection, demonstrating how our physical well-being can significantly influence our emotional and mental states and vice versa. Regular exercise, balanced nutrition and adequate sleep, for instance, are proven to enhance mood and mental clarity. Conversely, persistent stress or emotional distress can negatively affect our physical health, often manifesting as fatigue, pain or even chronic diseases.

Scripture underscores the importance of ensuring emotional and mental well-being. In Proverbs 17:22, we read: "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

This verse beautifully captures the profound connection between our emotional state and our physical health. It highlights the healing power of joy and contrastingly, the destructive impact of sustained emotional pain.

Ensuring emotional and mental well-being is, therefore, an integral part of honoring God with our bodies. It's about nurturing our minds and hearts, just as we do our physical bodies.

Take time to rest and rejuvenate, process our emotions healthily and cultivate positive mental habits.

It's about fostering relationships that nourish our souls, spending time in God's Word and continually grounding our identity and worth in Christ.

As followers of Christ, we are also called to lean on the Holy Spirit for our emotional and mental well-being. Remember, dear friends, we are not alone in our journey. The Holy Spirit, our Comforter, is always with us to guide us, to give us strength and to refresh our souls. When we face emotional struggles or mental challenges, we can turn to Him, drawing upon His peace that surpasses all understanding.

Ensuring emotional and mental well-being is a critical aspect of our journey to honor God with our bodies. It's about fostering a holistic wellness approach, caring for our minds and hearts as much as we care for our bodies. As we strive for physical health, let's also make it a priority to nurture our emotional and mental health. It not only enhances our capacity to serve God and others but also reflects our respect and gratitude for the holistic beings God has created us to be.

8 - Longevity and Fulfilling God's Purpose

Let's start by considering the relationship between a healthy lifestyle and longevity. Research continues to show that making conscious health choices - like eating a balanced diet, staying physically active, ensuring sufficient rest and maintaining our emotional well-being - can significantly enhance our life expectancy. This may add years to our life, but also life to our years, enabling us to live with vigor and vitality.

As Christians, the pursuit of longevity is not about fearing death or desperately clinging to this earthly life. We look forward to eternity with Christ, after all. Instead, desiring longevity is about cherishing the life God has given us and wanting to make the most of our time on earth for His glory. It's about understanding that each day we are granted is a gift and an opportunity to serve God, love others and fulfill the unique purposes God has for us.

When we talk about longevity and fulfilling God's purpose, it's essential to realize that God's purposes for our lives aren't confined to our younger years. His calling over our lives remains as we age.

Wisdom and experiences can be fruitful in serving God and others

A healthier lifestyle contributes to this longevity, allowing us to remain active and engaged in our callings. Imagine the lives we can touch, the work we can do, the love we can share, if we are blessed with many years of healthy living! We may lengthen our lifespan, but also expand the scope of our influence and impact for God's Kingdom.

Longevity and fulfilling God's purpose are interconnected and have a special place in our health journey. As we commit to healthy living, we aren't just promoting our personal wellness, but we're also positioning ourselves for a life that continues to be fruitful, vibrant and purposeful in all seasons. This understanding transforms our perspective on health and longevity. It ceases to be merely about self-preservation, instead becoming a pursuit of God-honoring stewardship and purposeful living.

9 - Preventative Care Reflects Wisdom

The Bible tells us in Proverbs 22:3, "The prudent see danger and take refuge, but the simple keep going and pay the penalty."

While this verse has broad application, it holds a nugget of truth for our health journey too. Replace "danger" with potential health issues and it becomes a compelling call for preventative care.

Preventative care is a proactive approach to our health. It involves making decisions today that will help us avoid health issues in the future. This could mean opting for a nutrient-rich diet over processed foods, choosing to exercise regularly, getting regular health check-ups or even ensuring we have adequate rest and mental health support. It's all about making choices that not only honor God with our bodies today but also safeguard our health for tomorrow.

Isn't this wisdom? Just like the prudent person in Proverbs, we are foreseeing potential issues and making choices to avoid them. The wisdom here lies in understanding our body as a precious gift from God, one that we are called to steward well. It's about acknowledging that the choices we make today will inevitably impact our future.

Preventative care reflects wisdom because it's about stewarding our resources wisely.

Let's not take our health for granted but do our part to maintain it.

It's about understanding that while God is our healer, we also have a role to play in caring for the bodies He has entrusted to us.

By practicing preventative care, we're not only taking steps to secure our health but also showing our respect and gratitude for the life God has given us. We're acknowledging that our bodies are not our own but God's and that we want to care for them in the best way possible.

Preventative care is a tangible way of applying biblical wisdom to our health. It's an essential component of a healthy lifestyle and a clear demonstration of our commitment to honor God with our bodies. Remember, we serve a wise God and He has given us His wisdom to make choices that honor Him. Let's apply this wisdom by embracing preventative care, making decisions today that will help us stay healthy, vibrant and ready to serve God for many years to come.

10 - Freedom from Idolatry of Food

Food, in itself, is a wonderful gift from God. It's a source of nourishment, a catalyst for fellowship and even an avenue to enjoy God's creativity. However, problems arise when food takes up a position in our hearts that it should never occupy. When we find our comfort, identity or control in food rather than God or when our eating habits become detrimental to our health, we veer towards idolatry. It's a delicate balance and maintaining it is key to achieving freedom from idolatry of food.

Philippians 4:5 calls us to live with moderation, "Let your moderation be known unto all men."

This scripture provides wisdom that is especially applicable to our relationship with food. While enjoying good food isn't wrong, we're called to practice moderation and balance, not giving food more importance than it deserves. Freedom from idolatry of food is an important aspect of living a life that honors God.

Recognize that our ultimate satisfaction comes from God alone, not earthly pleasure.

It's about enjoying food as a gift but not allowing it to control us or determine our worth.

As we seek to honor God with our bodies, one practical step we can take is to evaluate our relationship with food. Do we eat to live or are we living to eat?

Are we mindful of what we consume or do we habitually indulge in foods we know are harmful to us?

Are we using food as a substitute for dealing with emotional issues or stress?

These questions aren't intended to make us feel guilty but to help us identify any areas where food may be becoming an idol.

If you identify areas of concern, don't be disheartened. Remember, we serve a God who is all about redemption and restoration. He doesn't condemn us but rather invites us to find freedom in Him. As you pray and seek God's help in this area, trust that He can bring about a change of heart and empower you to live with balance and moderation.

Freedom from idolatry of food is integral to our journey of honoring God with our bodies. It's about enjoying food as a gift from God without letting it take God's place in our hearts. It's about exercising moderation and balance, reminding ourselves that our ultimate satisfaction comes from God alone.

We've dug deep into Scriptures, uncovering how our bodies are, indeed, the temples of the Holy Spirit.

We've discussed how maintaining our health is a way to honor God, reflecting His image and how it is our duty to take good care of His creation, our bodies.

We've seen how practicing self-discipline, both in our spiritual life and in the way we approach our physical health, leads to spiritual growth.

We've also explored how our physical wellness enhances our ability to serve others, be effective witnesses to non-believers and honor God with our bodies.

We've discussed the intertwined relationship of our emotional and mental well-being with our physical health and the importance of longevity and fulfilling God's purpose in our lives.

We've discovered the wisdom in preventative care, seeking freedom from the idolatry of food and the role that balance and moderation play in our eating habits.

Each of these topics highlights a different facet of the same truth: taking care of our health is a spiritual matter, an act of worship and a way of living out our faith in God.

What does this mean for us going forward? As we integrate our faith and health into our daily lives, I'd encourage you to start small. Small changes often lead to significant results.

Perhaps it's choosing to replace one unhealthy food in your diet with a healthier alternative or making time for prayer and meditation to support your mental health.

Maybe it's deciding to take a walk a few times a week, acknowledging the beauty of God's creation and praying as you do so. Each step we take towards a healthier lifestyle is a step towards honoring God with our bodies and our lives.

Our journey towards health is not about achieving perfection but about progress. It's not about setting unrealistic standards, but about honoring God with our bodies and lives.

As we continue this journey together, let's encourage and uplift each other, always pointing back to the One who created us, loves us and calls us to live in health and wholeness.

Recap and Additional Thoughts:

To recap, as Christians, we are called to honor God in all aspects of our lives, including our physical health and wellness. Our bodies are temples of the Holy Spirit and taking care of them is a form of worship. This expanded content explores how the principles of the Bible can guide us in living a healthy and wholesome life, integrating our faith with our wellness journey.

Biblical Perspectives on Health and Wellness:

Bible on Healthy Living

The Bible offers timeless wisdom on living a healthy life. Scriptures emphasize the importance of treating our bodies with respect and care. For example, 1 Corinthians 6:19-20 reminds us that our bodies are temples of the Holy Spirit and we should honor God with them.

Bible Verses for Healthy Living

Scriptures like 3 John 1:2, "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well," show the Biblical perspective on the importance of health. These verses encourage us to seek a balance in our physical and spiritual lives.

Practical Steps to a Healthy Christian Lifestyle:

How to Live a Healthy Christian Lifestyle

Living a healthy Christian lifestyle involves more than just physical exercise and diet, it encompasses mental, emotional and spiritual well-being. Regular prayer, meditation on Scriptures and community involvement are as crucial as a balanced diet and physical activity.

