

STUDY &
REFLECTION

Let's begin to put together and embrace what we have learned about how important physical health and our bodies are from the perspective of God's Word, combined with the knowledge He has given us through a modern understanding of nutrition, activity, and health.

Look at this critical insight and allow it to resonate in your mind.

1 Cor 6:19-20:

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 honor God with your body. (NIV)

What a profound connection Paul gives us, connecting spiritual truth with our physical bodies. In some insightful and awesome way, the Holy Spirit, which gives us new life is being housed in our physical bodies!! And in the same passage, he reminds us that "*we are not our own!*" Our entire being, body, soul and spirit, belong to God, having been purchased by God, and our entire self is HIS.

We are then commanded and therefore expected by the Owner, to glorify, or honor Him with our bodies!

ACTION
ITEMS

We have learned that our attitude and practices regarding food, directly affect the health and well-being of our physical bodies. We have also discovered the connection between our nutrition and regular physical activity in order to avoid chronic disease and maintain physical health.

How will you now connect these important principles with the knowledge that God expects and commands us to Glorify, Honor Him IN OUR BODIES?

INVOLVING
OTHERS

Our devotional journey is designed for us to dive and dig deeper into the Word of God and gain critical understandings that we are willing to apply and will move us closer and closer to the **Healthy Full Lives** promised us in Jn 10:10.

Using what you conclude in the Action Item, have an honest discussion of it with your small group.



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Our devotional scriptures are probably very familiar to many of us. We have heard them preached and taught a number of times. We no doubt have given some time and attention to applying them to our spiritual lives. Have we ever realized that these scriptural directives/principles can be applied directly to our effort to live Physically Healthy lives that please and honor God?

Two are better off than one, because together they can work more effectively. 10 If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him. 11 If it is cold, two can sleep together and stay warm, but how can you keep warm by yourself? 12 Two men can resist an attack that would defeat one man alone. A rope made of three cords is hard to break. Eccl 4:9-12 (TEV)

Could it be that the enemy knows the importance of and takes advantage of the connection of our physical, emotional, and spiritual lives? Does he know that no matter how deep and spiritual we may be as individual Christians, he has a good chance to defeat us if we live and try to please God as 'Lone Rangers!'

How much more success we could achieve if we realize that the commandments and expectations of God are almost always more easily achieved if we commit to going after and embracing them **TOGETHER!**

In the secular realm, this is almost universally known and implemented. If you name a disease or condition, that affects us, science has learned that you almost exponentially increase your chance of preventing or overcoming it if you commit to attack it as a group and not alone. Every known area of addiction embraces this principle as a core value. Going it alone most of the time will gain modest and often transient success at best. Connection to a group leverages the combined resources and ability of many, to collectively defeat the enemy.

ACTION
ITEMS

Think about when and how you have tried to change your diet, be more consistent with exercising, and consider how well it has worked? How about upping your game and asking others to join with you in a targeted, specific Group Effort!?

INVOLVING
OTHERS

We have seen real success in our ministry when we have utilized such groups as No More Bondage, and Largest Losers. Even during Solemn Assembly, when we commit to seeking God as a group, we see positive success on a wider scale. Think about how we can effectuate Physical Health, Wellness, and Wholeness as a Group Commitment.

STUDY &
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I trust that you have seen and are ready to adopt the values taught in Scripture that will lead us to embracing, applying and seeing Physical Health become a reality. A real 'step-up,' will happen when we have the maturity to let down our guard and ego's and invite others into the fight and face these difficult challenges

TOGETHER.

These strategies and principles are articulated and embraced in health care today. It is called COMMUNITY HEALTH. Community health is a medical specialty that focuses on the physical and mental well-being of the people in a specific geographic region.

"Working at the community level promotes healthy living, helps prevent chronic diseases and brings the greatest health benefits to the greatest number of people in need,"

Strong community health requires residents to look beyond themselves and take "collective responsibility."

Aren't these the principles the Lord gives us in His Word, to bless and enhance the life and health of His people collectively? *"The WHOLE BODY, fitly joined together and compacted by that which EVERY JOINT (PART/PERSON) supplieth!"*

What would happen if instead of us each, doing our own thing, or small numbers of us connecting as divided groups, decided to join together as a whole and attack the issues of health wellness and wholeness as a BODY!! **THAT WOULD DRIVE THE DEVIL MAD!**

ACTION
ITEMS

&

INVOLVING
OTHERS

After giving this some thought individually, involve your group with the challenge to discuss and consider how we can begin to be united and connected in our pursuit of physical health and wholeness.

This may seem impossible, but is exactly the heart and will of God. It requires a radical change in our Mind-Set (Romans 12:1-2).

We are powerful when we are Unified and Connected and operate as the BODY OF CHRIST!

STUDY & REFLECTION

Church communities who are faithful to their missions promote solidarity, give meaning and purpose to life, and inspire hope. Considerable research and experience support the idea that one's faith and outlook are integral to the healing and health of the body.

Clearly, the parables of Jesus' healing ministry reveal this relationship. Health ministry in a faith community is an approach to wholeness and health that builds on the strengths of the congregation/community. **It stresses wellness, health promotion, and disease prevention, by encompassing congregational/community resources and partnerships. It focuses on body, mind, and spirit for the health and healing of the community.**

Local congregations by their very nature and calling, are centers for Health and Healing.

As Christians, we must see health and fitness and God-Given gifts, that ensue when we are faithful to the call and witness of Jesus Christ.

Despite the proliferation of health services, we know that some people do not get health care and those who do are not necessarily healthy. Health and health care are not synonymous terms

Because our churches are one of the most stable institutions in our community, they can and must become more focused and committed to the **overall health of those they serve and impact.**

ACTION ITEMS

Take an inventory of our church's ministries. In what way and to what degree do they promote and enhance health and wellness?

INVOLVING OTHERS

There are many examples of local ministries that have taken on health as a major component of their call and mission. Discuss in your small group how and to what extent should we reflect these values.

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Responding to those who were sick was integral to the life and ministry of Jesus and has been a central aspect of the Church's mission throughout its history.

Health care and healing are concrete manifestations of God's ongoing care for and redemption of all creation. Where then is the church on this issue?

The Christian Church is called to be an active participant in fashioning a just and effective health care system. We must become more aware of the human right of health equity and the existence of health disparities. We can no longer wait, and believe that society, government, or business will effectively bring about the conditions of health that God wants for all His creation.

Health equity is the attainment of the highest level of health for all people.

Achieving health equity requires valuing everyone equally with focused and ongoing efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and healthcare disparities.

Chronic disease prevention, attainment of genuine health, and elimination of health disparities should be a part of the church's mission and commitment. This requires that we begin to re-prioritize our thinking regarding our physical health. We must deliberately receive the promise of Jesus of Abundant Life and fashion ministries and practices that lessen disease and poor health, and increase for all those who will join us Quality of Life. There is no doubt that this is a part of the Promise of Christ in John 10:10, and can become a part of a church's culture and practice, if we dare to embrace it with Faith and Purpose.

**ACTION
ITEMS**

How important is physical health to us? What is the level of willingness that we possess to target Abundance and Quality of life as genuine values that we will embrace and deliberately transmit to our children and to those who will join us in spiritual community?

**INVOLVING
OTHERS**

As we read and study the Word of God, it sometimes seems like the Lord is calling the church to be Everything. I think to some degree... THAT'S RIGHT! We are called to be a Living Church to a Dying World. We are called to become a Healthy Church. Let us not allow the magnitude of the call defeat our faith.

What are we sensing we must do, going forward?



REVIEW

Slow your pace.....

Reflect on what you have learned

SHALOM!