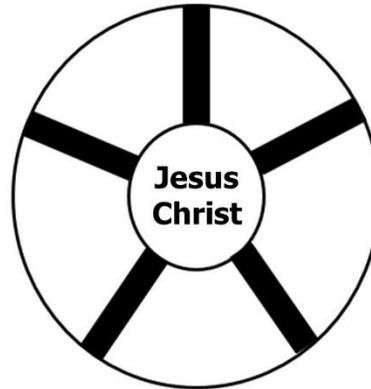


LIFE IN BALANCE

January 15th / 16th, 2022
Pastor Steve & Brent Wagner

Balancing Your Physical Life



Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. 3
John 1:2

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:19-20

To Balance Myself Physically, I:

I) Develop a _____ Toward My Body.

A) For as he thinks in his heart, so is he. Proverbs 23:7a

B) Attitudes About Your Body: You Can:

- 1) _____ your body.
- 2) _____ your body.
- 3) _____ your body.
- 4) _____ and _____ your body.

II) _____ Yourself To Change.

A) Physical Reasons to Take Care of My Body:

- 1) I'll _____ better.
- 2) I'll _____ better.
- 3) I'll _____ better & longer.

B) Spiritual Reasons to take care of My body:

C) God _____ my body.

You made all the delicate, inner parts of my body and knit me together in my mother's

womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. Psalm 139:13-14

D) Jesus _____ for my body.

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰ for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:19-20

E) The Holy Spirit _____ in my body.

Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you? 1 Corinthians 3:16

_____ God's Laws Of Health

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body.

Proverbs 4:20-22 (NIV)

I) Maintain Your _____.

A) Then he said, "Beware! Guard against every kind of greed. Life is not measured by how much you own." Luke 12:15

B) Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content. 1 Timothy 6:6-8

II) Balance your _____.

A) You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. You say, "Food was made for the stomach, and the stomach for food." (This is true, though someday God will do away with both of them.) But you can't say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies. 1 Corinthians 6:12-13

B) So whether you eat or drink, or whatever you do, do it all for the glory of God. 1 Corinthians 10:31

C) For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7

III) Commit Yourself To A Regular _____.

A) "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 1 Timothy 4:8

B) What is the common excuse? "I don't have the time."

C) What is the common mistake? Overdo it at the start.

IV) Get Enough _____.

- A) It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. Psalm 127:2
- B) The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. So they left by boat for a quiet place, where they could be alone. Mark 6:30-32
- C) "Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy. Exodus 20:8-11

V) Reduce Or Avoid _____.

- A) Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, Ephesians 5:18
- B) It is better not to eat meat or drink wine or do anything else if it might cause another believer to stumble. Romans 14:21

VI) Live In _____ With God.

- A) A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. Proverbs 14:30
- B) Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:32

VII) How do you get started? DIET:

- A) _____
- B) _____
- C) _____
- D) _____

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Romans 12:1

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Romans 12:1 (MSG)