



A Healthy Home for God

Adapted from “New Me” series by Rod Loy.

An important part of our life that gets overlooked is our physical body and health. Men tend not to pay attention to this area until we are forced to pay attention. Consider the following thoughts about the benefit of a healthy body.

A healthy body sets the stage for your day-to-day well-being and how well you will age. Maintaining fitness through good nutrition and exercise promotes efficient circulation, digestion and musculoskeletal strength. This allows you to live an active life, and a healthy immune system helps you ward off disease. According to the Centers for Disease Control and Prevention, healthy body benefits extend to mood elevation and greater mental alertness, as well as reduced chronic disease risk.

When you keep your metabolism working well, you enjoy greater energy and fewer aches and pains. Adequate vitamins, minerals, dietary fiber, fatty acids and carbohydrates are needed to facilitate all your body processes. Nightly rest periods allow your body to repair cells and perform other maintenance activities. A sleep or dietary deficiency can deprive your body of these essentials and create fatigue. Getting enough nutrition, on the other hand, leaves you mentally and physically sharp. Regular exercise utilizes your healthy bones, muscles, heart and lungs, preparing them to meet daily demands.

When your body reaches a consistent plateau of health, it is more likely to hold up under unusual stress and less likely to give way to infection. A daily fitness program that incorporates aerobic exercise and strengthening of the bones and major muscle groups helps you avoid pulled muscles, joint sprains and bone fractures. Along with a diet rich in vitamin C, restful sleep supports your immune system. The National Sleep Foundation reports that you are less susceptible to colds and flu if you don't have a sleep deficit, especially if you are an older adult.¹

¹ Nancy Clarke, “Why Is It Important to Maintain a Healthy Body?,” [Livestrong.com](http://www.livestrong.com/article/416943-why-is-it-important-to-maintain-a-healthy-body/), October 5, 2015, <http://www.livestrong.com/article/416943-why-is-it-important-to-maintain-a-healthy-body/> (accessed July 21, 2017).

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COURAGE

C1: Describe a time in your life when you were concerned about your body and health. What were your emotions, thoughts, and ideas in this area?

C2: Is there a correlation between the physical body, health and Scripture? Do a search of the Bible and write down every instance you can find about health and physical body. What do you glean from your discovery?

STRENGTH

S1: Read and answer the following.

Genesis 2:8 (ESV)

- From this verse, what do you glean regarding your body and health?

- On a scale of 1-4 with 1 being high belief and 4 being not very believable, rate yourself on how well you believe you are God's masterpiece.

S2: Read and answer the following.

1 Corinthians 6:19–20 (ESV)

- From these verses, what two things do you glean about your body?

- On a scale of 1-4 with 1 being very well and 4 being not very well, rate yourself on how well you honor God with your body. Write out a plan to improve.

ENDURANCE

E1: Read and answer the following.

1 Corinthians 6:19–20 (ESV)

- Read this verse from three different translations. What do you glean from these verses?
- What are some things you have and are doing to abuse your body? What are some things you put in your body that you should not be putting in your body?

E2: Read and answer the following.

Romans 12:1 (ESV)

- On a scale of 1-4 with 1 being very well and 4 being not very well, rate yourself on how well you present your body to God as a living sacrifice. Write out a plan to improve.

E3: Beyond diet and exercise, we are to have a right attitude about destructive and sinful behaviors. Read and answer the following.

Proverbs 3:7–8 (ESV)

- From these verses, what does it mean to “turn away from evil?”
- Write down some things you have introduced to your body that are not bringing healing and refreshment to your body. Write out a plan to improve what you are putting in your body over the next sixty days.