



#10 "TAKE CARE OF YOUR BODY"

Proverbs 3:5-8 (NIV) Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

1. Your life and your body are _____ from God.

Genesis 1:26-27 (NCV) Then God said, "Let us make human beings in our image and likeness. And let them rule over the fish in the sea and the birds in the sky" So God created human beings in his image. In the image of God he created them. He created them male and female.

Genesis 2:7 (NLT) Then the LORD God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

Psalms 139:13-14 (NLT) 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.

Jeremiah 1:5 (Message) "Before I shaped you in the womb, I knew all about you. Before you saw the light of day, I had holy plans for you: A prophet to the nations— that's what I had in mind for you."

How do we properly acknowledge our life and body as a gift from God?

- Appreciate the gift of your life.
- Accept the package God gave you.
- Give the right attention to your body.
- Prepare to answer to God for what you do with your body.

2 Corinthians 5:10 (NLT) For we must all stand before Christ to be judged. We will each receive whatever we deserve for the good or evil we have done in this earthly body.

2. God has a _____ for your body.

1 Corinthians 6:13 (NLT) ... Our bodies ... were made for the Lord, and the Lord cares about our bodies.

1 Corinthians 6:13 (NIV) ... The body is ... for the Lord, and the Lord for the body.

1 Thessalonians 4:4 (NCV) He wants each of you to learn to control your own body in a way that is holy and honorable.

According to the Bible, your body is to be:

- ☉ A holy _____ where God lives.
- ☉ A holy _____ God uses.
- ☉ A holy _____ of God's worship and praise.

3. Managing your body requires _____.

Discipline is the investment we make today that produces health and blessings tomorrow.

1 Corinthians 9:27 (NLT) I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others, I myself might be disqualified.

Disciplined people:

- ☉ Set and keep _____ times with God.
- ☉ Establish good _____ in their life.
- ☉ _____ purposefully and productively.
- ☉ Develop _____.
- ☉ Develop _____.