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Living well

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Do we steward our health well?

We belong to God

1 Corinthians 6:19-20

Do you not know that your bodies are temples 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 honour God with your bodies.



I want us to do a
health check ...

1. Breathing

What are you breathing in?

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

2. Movement

Where are you moving on?

Proverbs 29:18

Where there is no revelation, people cast off restraint;
but blessed is the one who heeds wisdom's instruction.

3. Nutrition

How well fed are you?

Exodus 23:25

Worship the Lord your God, and his blessing will be on your food and water. I will take away disease from among you,

3. Nutrition

How well fed are you?

Matthew 4:4

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

4. Sensitivity

Do you rest well and work hard?

Psalm 23:2

He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.

5. Excretion

What rubbish do you still
need to get rid of

Ephesians 4:31

Get rid of all bitterness, rage and anger,
brawling and slander, along with every form of
malice.

6. Growth

Where have you grown this year?

2 Peter 3:18

But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever! Amen.

7. Reproduce

In whom are you reproducing yourself?

2 Timothy 2:2

And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.

Breathing

Growth

I want us to do a
health check ...

Movement

Excretion

Sensitivity

Nourishment

Reproduction

