

Soul-Care: Body, Mind, and Spirit

Part 4

January 22, 2023

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 2, New Living Translation)

WHY SHOULD I BE HEALTHY IN 2023?

1. My body belongs to God.

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, NLT)

2. I want to be there for my family.

That is the Lord's blessing for those who fear him. . . . May you live to enjoy your grandchildren. (Psalm 128:4-6, NLT)

3. I want to live my life to the fullest now!

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

I was forty years old when Moses, the servant of the Lord, sent me from Kadesh-barnea to explore the land of Canaan. . . . Today I am eighty-five years old. I am as strong now as I was when Moses sent me on that journey. (Joshua 14:7, 10-11, NLT)

HOW CAN WE BE PHYSICALLY HEALTHY IN 2023?

1. Start a new habit.

Do not despise these small beginnings, for the Lord rejoices to see the work begin. (Zechariah 4:10, NLT)

Suggested small habits:

- Drink more water.
- Park further away and walk.
- Get to bed on time.

The Lord gives sleep to those he loves.

(Psalm 127:2, New Century Version)

2. Find friends for accountability.

Don't drink only water. You ought to drink a little wine for the sake of your stomach because you are sick so often. (1 Timothy 5:23, NLT)

Luke, the beloved doctor, sends his greetings. (Colossians 4:14, NLT)



Join a Small Group:
<https://www.bcflife.org/group>

3. Dedicate your body to God.

Give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. (Romans 6:13, NLT)

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, NLT)

Final Thought:

Give God control of your body.