2. FIVE HEALTHY HABITS

Sermon Outline

INTRODUCTION
3 John 1:2 (NLT): I pray that all is well with you and that your body is as healthy as I know your soul is!

Proverbs 3:7-8 (NCV): 7 Don’t depend on your own wisdom. Respect the LORD and refuse to do wrong. 8 Then your body will be healthy, and your bones will be strong.

1. HEALTHY PEOPLE EAT HEALTHY FOOD
Daniel 1:15: At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king.

1 Corinthians 6:13 (Message): You know the old saying, ‘First you eat to live, and then you live to eat?’ Well, your body is only temporary, but that’s no excuse for either stuffing your body with food, or indulging it with sexual immorality. Since the Lord honoured you with a body, now honour him with your body!

2. HEALTHY PEOPLE THINK HEALTHY THOUGHTS
Luke 11:34 (ESV): Your eyes are the lamp of your body. So, if your eyes are healthy, your whole body will be full of light, but when your vision is bad, your body is full of darkness.

- Unhealthy focus – bad life
- Healthy focus – good life

Proverbs 4:20-23: 20 My child, pay attention to what I say. Listen carefully to my words. 21 Don’t lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body.
Guard your heart above all else, for it determines the course of your life.

Be careful what you think because your thoughts rule your minds:
Romans 12:2: Don’t copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

1 Corinthians 6:19: Don’t you realise 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,

3. HEALTHY PEOPLE MANAGE THEIR ENERGY
Two things are needed in energy management – rest and exercise.
Psalm 127:2 (LB): It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.
1 Timothy 4:7b-8 (TEV): Keep yourself in training for a godly life. Physical exercise is good for your body but spiritual exercise is valuable in every way, because it not only helps you in your present life, but prepares you for the life to come.

4. HEALTHY PEOPLE ENLIST SUPPORTIVE FRIENDS
Ecclesiastes 4:9-10: Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.
Hebrews 10:25: And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

5. HEALTHY PEOPLE DEPEND ON GOD
Luke 17:19 (Amp): Jesus said to the sick man, ‘Get up and get going! Your faith has restored you to health!’

Three factors:

- **GREATER MOTIVATION**
  1 Corinthians 10:31: Whatever you eat or drink or whatever you do, you must do it all for the glory of God.

- **GREATER REWARD**
  1 Corinthians 9:25: All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

- **GREATER POWER**
  Philippians 2:13: God is now working in you, giving you the desire and the power to do what pleases him.
LIFE GROUP MATERIAL

Read 3 John 1:2 (NLT)
The spiritual life is associated to some degree with the physical life, as 3 John 1:2 indicates. In seeking spiritual transformation, it can be helpful to also focus on developing healthy physical habits. Five healthy habits include: Healthy people... 1. Eat healthy foods, 2. Think healthy thoughts, 3. Manage their energy, 4. Enlist supportive friends, and 5. Depend on God.

Read Proverbs 3:7-8 (NCV)
1. What spiritual advice is given here for developing our physical health?

Read 1 Corinthians 6:13 (Message)
2. How are we to think of our bodies in light of the teaching in 1 Corinthians 6:13 that God has given us our bodies?

Read 1 Timothy 4:7-8 (TEV)
3. Discuss the relative importance of the godly life versus the physical life in light of 1 Timothy 4:7-8.

Read Ecclesiastes 4:9-10 (TEV)
4. Phillip refers to the idea in these verses as the Friendship Factor. Think about past situations in your life when you have found this to be true. How can this principle offer support as you strive toward eating healthier and thinking healthy thoughts?

Read Luke 17:19 (AMP)
5. Your dependence on God is an essential. Talk about the sick man’s faith when Jesus said, “Get up and get going!”

Read Philippians 2:13 (NLT)
6. Explain how you feel God works within us to give us the desire to accomplish his will, and how God gives us the power to do what pleases him. What are the eternal consequences of this?

Diving Deeper (optional)

Read Luke 11:34 (ESV)
- Luke 11:34 relates the spiritual life to the physical. How are our eyes the lamp of our body? What are some examples of eyes that are healthy versus vision that is bad? What does it mean to have a body that is full of light as opposed to full of darkness?