

## Two Fifty Two Growing in Health

And Jesus grew in wisdom and stature, and in favor with God and man. **Luke 2:52** (NIV)

So here I am today, eighty-five years old! **11** I am still as strong today as the day Moses sent me out; I'm just as vigorous to go out to battle now as I was then. **Joshua 14:10b-11** (NIV)

### Why It Matters:

#### I. We Should \_\_\_\_\_.

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, **20** for God bought you with a high price. So you must honor God with your body. **1 Corinthians 6:19-20**

#### II. We Should \_\_\_\_\_.

"Each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God." **1 Thessalonians 4:4-5** (NIV)

#### III. We Should \_\_\_\_\_.

We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

**2 Corinthians 4:10** (NIV)

### How to Grow Healthy:

#### I. \_\_\_\_\_.

No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. **Hebrews 12:11**

#### II. \_\_\_\_\_.

"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**

#### III. \_\_\_\_\_.

"Everything is permissible"—but not everything is beneficial.

"Everything is permissible"—but not everything is constructive.

**1 Corinthians 10:23** (NIV)

#### IV. \_\_\_\_\_.

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. **Psalms 127:2**

#### V. \_\_\_\_\_.

For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

**Romans 8:13** (NIV)

Additional Notes:

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### Why It Matters:

#### I. **We Should Honor 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, **20** for God bought you with a high price. So you must honor God with your body. **1 Corinthians 6:19-20**

#### II. **We Should Be Holy.**

"Each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God." **1 Thessalonians 4:4-5** (NIV)

#### III. **We Should Represent Christ.**

We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

**2 Corinthians 4:10** (NIV)

### How to Grow Healthy:

#### I. **Discipline.**

No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. **Hebrews 12:11**

#### II. **Exercise.**

"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**

#### III. **Diet.**

"Everything is permissible"—but not everything is beneficial.

"Everything is permissible"—but not everything is constructive.

**1 Corinthians 10:23** (NIV)

#### IV. **Rest.**

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. **Psalms 127:2**

#### V. **God.**

For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

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