

# Dig-A-Little-Deeper

## What's In Your Wallet?

### Health Insurance Card—Health Plan or Health Crisis?

- Monday** Do you think God cares about us taking care of our churches? Take a look at 1 Corinthians 6:19,20 and see what His Word says about what he considers the church. You are His Temple and He specifically commands that we take care of our bodies. Meditate on these two verse for a few minutes by reading them through three times, pausing between each time to simply listen for His voice in your heart. What is the Voice in your heart telling you about your Temple?
- Tuesday** Alright, as of yesterday, we have a bit of a clue what God thinks about us taking care of our bodies, let's look at the context around that verse to see what he specifically means about caring for His and our Temples in I Corinthians 6:12,13. Just because we can live an unhealthy lifestyle, does not mean we should or that it is beneficial to us. Spend a few minutes talking to God about your lifestyle. Discuss with Him what the #1 poor lifestyle choice you are making that you could change to give you better health and thus a better life with Him and others.
- Wednesday** When we think of healthy lifestyles, we often only think of diet and exercise, yet God digs a little deeper in I Corinthians 6:13-18 to talk about our moral choices that lead to unhealthy lifestyles. Talk to God for a few minutes about your moral choices in your life – why is He so concerned about them – because He knows the #1 unhealthy factor that leads to death is stress and immoral and illicit choices in life cause us our greatest stress and take years off of our lives. Seek help from God today to change your morality if it needs changed and seek out a safe person to help you here—a trusted God and a trusted friend are absolutely needed to make this healthy choice!
- Thursday** Why would God care about us taking care of our health? “Exercise daily in God—no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever.” I Timothy 4:8 TM – Meditate on this challenge and command. Commit to God to try and make some simple challenges to grow healthy.
- Friday** So...How can I make simple lifestyle changes to worship God in the Temple of my body? Try these worship experiences that are simple: Increase Physical Activity Simply by park furthest from store and walking a little longer, take the stairs rather than the elevator, simply walk around your neighborhood or business block once a day, go to WalMart or the mall and walk the perimeter once, ask a buddy to do join you for fellowship and accountability.
- Saturday** Planning to eat healthier in 2008 can be a simple form of worship as well. Worship God by planning to eat healthier simply by avoiding obvious sugar choices and limiting sweets to the weekends and only in moderation. Add veggies to your diet once a day in place of a snack. Eat smaller portions and wait 15 minutes to get seconds. Sacrifice the Coke or Pepsi on the altar of slimming down – #1 source of empty calories!

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