

Outline

What's In Your Wallet?

Health Insurance Card – Health Plan or Health Crisis?

We cannot go too far into our wallets until we run into a very expensive but very important card – our health insurance card. This card really stresses us in the money management department as health care costs have risen incredibly over the last several years. However, all of us must seek health care coverage, for all of us are destined to find ourselves in ill health. However, the Bible calls our bodies the “Temple of God” and as such there is an expectation that we will guard those temples with the proper care. Our health care cards should be representative of critical care needs in our lives that come because of catastrophic needs. The way that we make the health care card to fade with disuse will be to be proactive in keeping our bodies healthy.

How do we do that? Is it a biblical mandate to guard our health? I believe it is and will use this message to offer some biblical counsel on living healthy lives and our obligations that require us to do so. We will also lay out a simple plan to follow for basic health care in 2008 and challenge all of us to utilize such a plan.

How many think that we ought to take good care of our church?

“Do you not know that your body is a **temple** 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 honor God with your body.” I Corinthians 6:19

Do you think that God gives a rip if you care for your body?

“You know the old saying, ‘First you eat to live, and then you live to eat’? Well, it may be true that the body is only a temporary thing, but that's no excuse for stuffing your body with food, or indulging it with sex. Since the Master honors you with a body, honor him with your body!” I Corinthians 6:13 TM

Lack of Discipline that leads to an unhealthy lifestyle is Idol Worship.

“Everything is permissible for me—but not everything is beneficial. Everything is permissible for me—but I will not be mastered by anything.” I Corinthians 6:12 NIV

Key Distinction:

Health problems caused by an unhealthy lifestyle out of control is Common Idolatry

Health problems caused by supernatural disease out of control is Rare Misfortune

February 3, 2008

Top Causes of Preventable Death in the U.S. - Center for Disease Control

#1 Tobacco

#2 Obesity and Physical Inactivity

#3 Alcohol Consumption

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

As God’s Creations, we have a responsibility to guard our health.

Reduce Stress

Guard spiritual health by spending time in God’s Word. AmazinG Race

"Are you tired? Worn out? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."Matthew11:28-30 TM

Increase Physical Activity Simply

Park furthest from store

Take the stairs

Walk around the block, WalMart, the mall

Find a partner who will join you for fellowship and accountability

PLAN simply to eat healthier in 2008.

Sugar Bad – choose to eat sweets moderately

Veggies Good – add a fruit or veggie to diet each day as a healthy snack

Eat smaller portions – smaller plates-wait 15 minutes for seconds

Kill the Coke and Pepsi monster - #1 source of empty calories that turn instantly to fat

February 3, 2008