

RENEWBODY-“MY WHY”

“¹²I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything. ¹³You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. ¹⁴By his power God raised the Lord from the dead, and he will raise us also. ¹⁵Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! ¹⁶Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.” ¹⁷But whoever is united with the Lord is one with him in spirit. ¹⁸Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. ¹⁹Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your bodies.” – 1 Cor. 6:12-20 (NIV)

Six Radical Counter Cultural Things about Your Body –

1. _____.
2. _____.
3. _____.

Three Reasons we don't stick with Diets –

- **We use willpower instead of God's power.**
- **Wrong Motivation**
- **When I try to change on my own.**

4. _____.
5. _____.
6. _____.

“I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” – Romans 12:1

Six Reasons for Better Health

1. **God created my body.**
 2. **Jesus died for my body.**
 3. **God's spirit lives in my body.**
 4. **I'm connected to Christ's body.**
 5. **One day God will resurrect my body**
 6. **I'm expected to take care of my body and one day I'll give an account for it.**
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“You made my body, Lord; now give me a sense to heed your laws.” – Psalm 119:73 (LB)

“These instructions are not mere words – they are your life! By obeying them you will enjoy a long life in the land...” – Deuteronomy 32:47 (NLT)

“Keep my commands in your heart, for they will prolong your life many years and bring you prosperity... Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; Fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Honor the Lord with the first part of your wealth.” – Proverbs 3:1-10

Tranquility – trust in God.

Integrity – paths straight.

Humility – don’t be wise in your own eyes.

Generosity – give the first part of your wealth away.

If you live a life of tranquility, integrity, humility, and generosity, you are going to be in better health.

Four Things you need to do that will help you be Healthier –

1. _____.

“I said to myself, ‘Relax, because the Lord takes care of you.’” – Psalms 116:7 (NCV)

“A heart at peace gives life to the body, but envy rots the bones.” – Proverbs 14:30 (NIV)

It’s not just what you eat that matters. It’s what eats you.

2. _____.

“When I refused to confess my sin, I was weak and miserable, and I groaned all day long... My strength evaporated... Finally, I confessed all my sins to you and stopped trying to hide them... and you forgave me! All guilt is gone.” – Psalm 32:3-5

3. _____.

It’s not a mistake that the word “miser” and “miserable” come from the same word.

“A generous man will prosper; he who refreshes others will himself be refreshed.” – Proverbs 11:25

4. _____.

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” – Proverbs 17:22

Reflect: How will you apply this teaching? What really stood out to you in this message?
