

Pastor Ron Case
4/8/18

“Faith & Fitness”

**“For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world- our faith.”
(1 John 5:4)**

God’s House

1 Corinthians 6:19-20 – (19) “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, (20) for you were bought with a price. So glorify God in your body.”

Sinning Against your Body

1 Corinthians 6:18 – “Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.”

Sinning Against *the* Body

1 Corinthians 11:20-22 – (20) “When you come together, it is not the Lord’s supper that you eat. (21) For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk. (22) What! Do you not have houses to eat and drink in? Or do you despise the church of God and humiliate those who have nothing? What shall I say to you? Shall I commend you in this? No, I will not.”

1 Corinthians 11:28-32 – (28) “Let a person examine himself, then, and so eat of the bread and drink of the cup. (29) For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. (30) That is why many of you are weak and ill, and some have died. (31) But if we judged ourselves truly, we would not be judged. (32) But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.”

Exodus 15:26 – “...If you will diligently listen to the voice of the LORD your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.”

Sickness & Sin

James 5:14-16 – (14) “Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

(15) And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. (16) Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”

God has given Me some Responsibility to take care of His Temple

Moderation Mandate

“My son, eat honey, for it is good, and the drippings of the honeycomb are sweet to your taste.” (Proverbs 24:13)

“If you have found honey, eat only enough for you, lest you have your fill of it and vomit it.” (Proverbs 25:16)

Exercise Exhortation

“for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”

(1 Timothy 4:8)

Sabbath Suggestion?

“And he said to them, ‘The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.’” (Mark 2:27-28)

Do No Harm

“Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.” (2 Corinthians 7:1)

7 Healthful Tips from Pastor Ron:

- (1) Oxygenation – Fresh Air, Walking
- (2) Hydration – Try to drink half your body weight in ounces
- (3) Salt (Celtic, Himalayan)
- (4) Vitamin D
- (5) Cayenne Pepper
- (6) Big 3 (Protein, Fiber, Fat)
- (7) Reduce Refined Sugar

(ESV used unless otherwise noted)

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