

Faith Health Initiative

Does God care how we treat our bodies?

What is the connection between faith and health? Have you considered this beyond the prayers lifted for the infirmed? Do Christians have a responsibility to steward their bodies the same way they steward their money? Make 2014 a year to begin the conversation on the faith and health connection.

The Bible shares wisdom on the mind, body, spirit connection.

1 Corinthians 6:19-20

New International Version (NIV)

19 Do 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; 20 you were bought at a price. Therefore honor God with your bodies.

Question: How do we honor God with our body?

Romans 12:1

English Standard Version (ESV)

A Living Sacrifice

12 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Question: How are our bodies a “living sacrifice?”

These words “honor, sacrifice, holy and acceptable” imply that our bodies are noble and worthy of our deepest respect and care. How we treat them makes them either acceptable or unacceptable. Paul *urged* the brethren to present their bodies to God as a living, breathing, talking, moving sacrifice. This year, as you contemplate your faith walk and take inventory of your spiritual life, reflect on how this spiritual walk impacts your personal health.



Romans 12:2 (NIV) “Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is-his good, pleasing, and perfect will.”

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NUTRITION

1. Add color to your plate.
2. Cut back on sugary drinks like juice and soda.
3. Drink plenty of water everyday.
4. Watch your fiber! Aim for 25 grams a day.
5. Read food labels and avoid trans and saturated fats.
6. Keep sodium consumption low, under 2400 mg a day.



EXERCISE

1. Put activity into your day. Park farther away. Carry your own groceries. Push mow your grass and shovel your own snow!
2. Be consistent.
3. Choose activities you like! A lot of different things count as exercise: dancing, walking, gardening, yoga, cycling, playing basketball. To make it easier to get moving, choose whatever gets you moving.
4. Exercise with a friend. Finding a workout partner can help keep you on track and motivate you to get out the door.



STRESS

1. Identify the source. This may sound easy but it isn't always. Sometimes we may misplace stress blame or overlook deeply rooted emotional sources of stress. To help pinpoint the stressor, start a stress journal.
2. Look into your coping strategies. What you currently do to address stress may not be the most healthy. Coping through eating, anger, withdrawal and sleep may seem to work in the short term but their effects never last. Instead, rely on your faith and friends to find emotional peace and directly tackle stressful circumstances.

WEIGHT

1. Always eat breakfast.
2. Control portions.
3. Eat until satisfied, NOT full and certainly NOT stuffed.
4. Avoid dieting, instead focus on improved nutrition and sensible eating.
5. Practice forgiveness (for yourself). When you eat too much or the wrong foods, evaluate, improve, and move forward. Toxic guilt holds you back from making positive changes.

