

## A Healthy Life: Week 4

### Growing a Healthy Body

#### Six Practical Tips

1. Develop a plan by seeking wise counsel
2. Fuel frequently, moderately, and timely
3. Eat God-made food rather than man-made food
4. Take small, intentional, and consistent steps to achieve the best long-term results
5. Run while you can; walk whenever you can; move however you can
6. If you go alone, expect to fall and most likely fail

**Key Passages:** 1 Corinthians 10, Psalm 139, and 1 Timothy 4

## Four Motivational Challenges:

### Stewardship

God created my body in love and I am simply a steward who will be held accountable for how I care for God's creation. I desire to care for God's creation faithfully and diligently even as my body ages and breaks down.

### Partnership

God has a purpose for me and has called me into partnership with Him. I will be held accountable for how I invest my time and use my body to do His work and His will. With God's power and in His grace, I desire to fulfill God's purpose for my life by striving to maintain a healthy body.

### Leadership

God has a plan that I cannot see nor understand. Therefore, I will follow His leading and trust Him at all times including seasons of optimal or dismal health. I will also seek to set a positive example in caring for my body for all those He entrusts into my care so they are fully able to fulfill God's plan for their life.

### Worship

God desires obedience more than sacrifice. I willingly and humbly seek to please and honor Him by making healthy choices for my body and turn to Him for the strength to continue to do so and the grace when I fail to do so.