Stewardship of Health sermon for 1-15-17

## **3 Tenets of Stewardship**

1. **All we have at our disposal and all our blessings are assets of God on loan to us.**
2. **He expects us to care for these blessings and make profit for Him.**
3. **It’s not all about you and your stuff; it’s about God and His stuff!**

# Key Stewardship Principles

**If you faithfully steward the little things you have now, you will be given more in the future.**

# Matthew 25:21 (NKJV)

**21**His lord said to him, ‘Well *done,* good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’

**How you are now with the little you must steward would only broaden in scope if you had a lot.**

# Luke 16:10 (NKJV)

**10**He who *is* faithful in *what is* least is faithful also in much; and he who is unjust in *what is* least is unjust also in much.

The last two weeks, we have learned so much about the concept of stewarding our time, and today we will discuss the stewardship of our health.

Destructive forces come against our health daily.

* Fallen Human Nature
  + Our human natures often fight against any discipline necessary to stay active, balanced, and upbeat.
  + The sin we introduced into this world is the source of calamities.
* Corruptible Physiology
  + We have the corruptible nature of our fleshly bodies where age inevitably erodes the body’s ability to maintain strength and virility. It’s more difficult to maintain muscle mass as we age, good joints aren’t a given as we age, eyesight, hearing, and even memory seem to dim as the bodies functions slowly become less efficient.
* Satan
  + Satan and his horde seek to destroy the health of our souls and bodies through strategic attacks in our lives.

With these three health enemies, stewarding maintaining our health is a series of ongoing battles.

But I have good news! God has sent His Spirit to us to guide us into *all* truth—not just truth dealing with the salvation of our souls when we die.

**2 Peter 1:3** (NKJV)

**3**as His divine power has given to us all things that *pertain* to life and godliness, through the knowledge of Him who called us by glory and virtue,

**God uses His divine power to give everything we need to attain life *and* godliness; He can give us these things through our contact with him.**

God wants to give you everything you need to attain both a healthy life *and* a godly life.

* A healthy life is a life of a healthy soul and a body that is cared for—a life of “well-being”.
  + **Health is more than just the state of our body, it is also the state of our mind, emotions, and will—namely, our soul.**
* Life and godliness are not mutually exclusive; our well-being is linked with our godliness.

“to attain”

God gives us the means to attain. Meaning that there is work to be done in order to live a good life and be godly.

“through the knowledge of Him”

This knowledge is a contact knowledge! A knowledge that is more like a realization you come to know as you are working close to someone.

**The awareness of all the tools I have for a healthy life comes as I engage in a relationship with Him.**

## **Health must be about a God-pleasing life rather than vanity.**

Don’t let your pursuit of health become a pursuit of vanity.

**1. No matter how hard we work on our health, our outer beauty will fade.**

# 1 Peter 1:24 (NLT)

**24**As the Scriptures say,

“People are like grass;  
    their beauty is like a flower in the field.  
The grass withers and the flower fades.

Obsessing over your outside beauty is a sure sign of an unhealthy view of yourself.

Our true beauty comes from a soul at rest in the love of Jesus.

**God loves you and finds you beautiful; and believing that from the heart brings health!**

**2. It’s vain to think that health is achieved by adhering to any regimen or list of man-made restrictions.**

# 1 Timothy 4:1-11 (NKJV)

Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, **2**speaking lies in hypocrisy, having their own conscience seared with a hot iron, **3**forbidding to marry, *and commanding* to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. **4**For every creature of God *is* good, and nothing is to be refused if it is received with thanksgiving; **5**for it is sanctified by the word of God and prayer.

**6**If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed. **7**But reject profane and old wives’ fables, and exercise yourself toward godliness. **8**For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. **9**This *is* a faithful saying and worthy of all acceptance. **10**For to this *end* we both labor and suffer reproach,[[a](https://www.biblegateway.com/passage/?search=1+Timothy+4%3A1-11&version=NLT;NKJV#fen-NKJV-29758a)] because we trust in the living God, who is *the* Savior of all men, especially of those who believe. **11**These things command and teach.

* **Strict adherence to any man-made diet or restrictions on our lives just add guilt and pride.** 
  + Remember that our efforts like diet and exercise do profit, but only a little. Godliness profits so much more!
* Do what is healthy for your body or what your conscious dictates, but avoid making that a doctrine that you preach to others unless it’s a general Biblical principle.
  + Some can eat more salt than another.
  + Some can exercise more than another.
  + Some can sleep less than others.
* We must be diligent to maintain good hygiene and cleanliness, eat healthy, exercise as we can, and rest well, but at the end of the day, **our health is a faith walk.**
  + Trust in the living God, even at the expense of reproach from others for not getting caught up in the latest fad.
  + Trusting God removes fear.