

# Theological Equipping Class

## *Physical Health*

February 27, 2022

Cultural caricatures

Why the Bible doesn't say as much about this as we might hope

- Different culture: foods, jobs, etc.

What Does the Bible Say about Health and Fitness (eating and exercising)?

- Our bodies were created by God.
  - *then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. (Genesis 2:7)*
  - *For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. (Psalm 139:13-14)*
- Right truth/wrong text
  - *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... (1 Corinthians 6:19)*
  - *Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. (1 Corinthians 6:18)*
- God intends that we steward our bodies appropriately.
  - *So, whether you eat or drink, or whatever you do, do all to the glory of God. (1 Corinthians 10:31)*

- Forbidding foods
  - *Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, through the insincerity of liars whose consciences are seared, who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. (1 Timothy 4:1-3)*
- Some sins inherently involve the body.
  - Drunkenness
    - *And do not get drunk with wine, for that is debauchery, but be filled with the Spirit... (Ephesians 5:18)*
  - Gluttony
    - *Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags. (Proverbs 23:20-21)*
  - laziness, adultery and other forms of sexual immorality, murder, etc.
- Our sin affects our bodies.
  - We are embodied spirits.
  - *My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones. (Proverbs 3:1-8)*
  - *For when I kept silent, my bones wasted away through my groaning all day*

*long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. Selah (Psalm 32:3–5)*

- *For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away. (Psalm 31:10)*
- *As [Jesus] passed by, he saw a man blind from birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" (John 9:1–2)*
- *Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. 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. 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. 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. (James 5:13–16)*
- Experiences: anxiety and fear
- Emotions and affections affect the body as well
- Our bodies affect our response to temptation and sin.
  - *Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." (Matthew 26:41)*
  - Self-control and spiritual warfare
  - *Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life,*

*and your members to God as instruments for righteousness. (Romans 6:12–13)*

- Melancholy and depression
  - He who forgets the humming of the bees among the heather, the cooing of the wood-pigeons in the forest, the song of birds in the woods, the rippling of rills among the rushes, and the sighing of the wind among the pines, needs not wonder if his heart forgets to sing and his soul grows heavy. A day's breathing of fresh air upon the hills, or a few hours, ramble in the beech woods' umbrageous calm, would sweep the cobwebs out of the brain of scores of our toiling ministers who are now but half alive. A mouthful of sea air, or a stiff walk in the wind's face, would not give grace to the soul, but it would yield oxygen to the body, which is next best. (Spurgeon)
- The Bible suggests that there is at least some value in being healthy.
  - *Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 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 4:7–8)*
  - *Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. (1 Corinthians 9:24–27)*

#### Helpful Hints on Health and Fitness

- Avoid the extremes.
- Remember the goal.

- Beware of idolatry.
- Consider the role of community.
- Get creative.

Well done, good and faithful servant.